

# MOTHER SEIGEL'S HOME COMPANION

WITH FULL CALENDAR FOR  
1915.

9266

593

## INTERESTING FEATURES.

THE WONDERS OF WIRELESS  
TELEGRAPHY.  
FIGHTING UNDER WATER.  
HOW & WHY THEY FLY.  
USEFUL HINTS FOR EVERY MOTHER.  
HOUSEHOLD HINTS  
GLOVES, HATS & FURS, *How to Clean.*  
TONGUE TWISTERS.  
THE CARE OF THE TEETH & EYES.  
THE CARE OF PETS.  
HOW TO KEEP YOUR GOOD LOOKS.  
ARE YOU SUPERSTITIOUS?  
COMMON ERRORS IN WRITING  
AND SPEAKING.  
DISHERS FOR THE SICK.

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A. J. WHITE & CO. LTD.

MONTREAL, P. Q.

# ECLIPSES FOR 1915

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the year 1915 there will be two eclipses, both of the sun.

—An Annular Eclipse of the Sun, February 13th, invisible Visible to Australia and large portions of the Pacific and Oceans adjacent thereto.

—An Annular Eclipse of the Sun, August 10th, invisible Visible to extreme eastern part of Asia and to the Islands North Pacific Ocean.

## LEGAL HOLIDAYS

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### FOR THE DOMINION

New Year's Day.....Jan.	1	King's Birthday.....June	3
Good Friday.....April	2	Dominion Day.....July	1
Easter Monday.....“	5	Labor Day.....Sept.	6
Victoria Day.....May	24	Christmas Day.....Dec.	25

### FOR THE PROVINCE OF QUEBEC

New Year's Day.....Jan.	1	King's Birthday.....June	3
Epiphany.....“	6	Dominion Day.....July	1
Good Friday.....April	2	Labor Day.....Sept.	6
Easter Monday.....“	5	All Saints' Day.....Nov.	1
Ascension Day.....May	13	Immaculate Conception Dec.	8
Victoria Day.....“	24	Christmas Day.....“	25



# WONDERS OF WIRELESS TELEGRAPHY.



**E**VER think of what a wonderful place is this grand old world? Ever stopped to think of the wonders surrounding you every day, wonders that you touch, taste, see, and use? Perhaps not.

But then, that is the case with most of us. We really have not the time to find out for ourselves facts about the marvellous things with which we come in contact almost every day.

For example, just think of the marvels of wireless telegraphy. If you want to understand this wonder, let your mind clearly grasp this fact—that air acts as a conductor of electric current, which can be distributed by a wonderful electric spark.

First of all, you know that the air conveys light, and the sun, the source of light, is like an immense, natural electric spark. In the same way the air acts as a conductor for the electric current sent from a generating station.

Let us remember, however, that air is ponderable, as scientists say. We can bring it towards us or push it away at will. When you swing your stick round, you divide the air just as you do water when you agitate it violently.

Every time your stick goes through the air, it produces in the atmosphere tiny, invisible waves, which may be likened to the ripples you cause on the surface of the water when you throw a stone into it.

The operator of wireless telegraphy is able by means of his instruments to produce a series of electro-magnetic waves by casting a powerful electric spark into the atmosphere. Once they are put in motion, the waves travel in all directions at the marvellous speed of 180,000 miles a second.

The speed at which the light moves through air is the same, and it is thought, therefore, that the mysterious electro-magnetic waves are something similar to light.

If you will think of the sun as an immense electric spark that is always sending out luminous waves, which we receive and see with our eyes, you can get a fairly clear idea of what wireless telegraphy is and how it works.

It is almost in the same manner that the electro-magnetic waves, set in motion by the spark, may be received and seen by one of the "eyes" of wireless telegraphy hundreds of miles away.

What we thus liken to an eye, on the reception of the electro-magnetic waves, is a delicate apparatus specially made for this purpose.

One has a certain control over the waves, and it would, therefore, be absurd always to develop the same amount of force for sending a message from London to Paris as for sending one from London to New York.

Thus, certain ships are provided only with apparatus that will enable them to communicate within a radius of 100 miles, while a station established in Ireland by Marconi, the inventor of wireless telegraphy, has more than once communicated with Buenos Aires, in South America, a distance of over 6,000 miles.

At every receiving station the waves pass down a little tube, and through two magnetic coils, one of which is connected to a telephone, in which the long and short "clicks" of the telegraphic alphabet are heard and read by the operator.

Thus the message, darting down the tube from the upper air, may have travelled for thousands of miles, or may be the friendly greeting of a ship rapidly approaching shore. In either case it can be read by the operator at the instrument.

On pages 17 and 28, you will find full explanations of the working of submarines and aeroplanes. Other pages also deal with wonders of healing wrought by Mother Seigel's Syrup, the world-renowned herbal remedy for stomach, liver, and bowel troubles.

Read the whole of this book, and you are bound to benefit in more ways than one. The articles it contains, the letters from grateful people in praise of Mother Seigel's Syrup will convince you that for keeping in good health and avoiding the miseries to which digestive troubles give rise, there is nothing better than this fine old remedy.

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## "I Felt Miserable and Run Down."

### Indigestion yields to Mother Seigel's Syrup.

Mr. Willard G. Baldwin, 213, John St. South, Hamilton, Ont., writes on February 19th, 1914 :—

"As a one time sufferer from indigestion and a generally upset stomach, I would like to express my real thanks for the only medicine that helped, and in fact cured, me—Mother Seigel's Syrup.

"I was sick for about a year, and it seemed like ten. I am a young man, and a chauffeur—out all day, with an appetite for meals that comes in consequence, but during the early spring of 1913 I began to feel off color, and noticed a heavy fullness after food.

"I began to eat less, too, and I pretty soon found that many things I could once eat and enjoy had to be left alone or I would be useless for hours, with sharp cutting pain that cannot be understood unless experienced.

"I did not know exactly what was wrong, but decided to try a tonic, and I did, in fact several, but when the bottles were thrown away empty I was about the same. I felt miserable and run down. What I wanted was a cure, and in Mother Seigel's Syrup I found it.

"It surprised me, in seven weeks I had left that sickness behind. I don't peck any longer, and when I sit down at the table, heaven help any food in sight. My stomach is now in first class order and I feel fine, thanks to Mother Seigel's Syrup."





1915.			For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S. PHASES.			
Day	Month	Day	Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
				h. m.	h. m.	h. m.	h. m.	h. m.	h. m.			
1		F		7 35	4 34	4 36	7 59	4 09	3 58	Full Moon	1st	8.7 a.m.
2		S		7 35	4 35	5 46	7 58	4 10	5 18	Last Quarter	8th	4.59 p.m.
3		S		7 35	4 36	6 58	7 58	4 11	6 39	New Moon	15th	10.28 a.m.
4		M		7 34	4 37	8 11	7 57	4 12	8 01	First Quarter	23rd	1.18 a.m.
5		TU		7 34	4 38	9 24	7 57	4 14	9 23	Full Moon	31st	12.27 a.m.
6		W		7 34	4 39	10 37	7 57	4 15	10 44	QUEBEC & ONTARIO.		
7		TH		7 34	4 40	11 51	7 56	4 17	morn.			
8		F		7 33	4 41	morn.	7 56	4 18	0 07	Full Moon	1st	7.5 a.m.
9		S		7 33	4 42	1 09	7 55	4 19	1 35	Last Quarter	8th	3.57 p.m.
10		S		7 33	4 43	2 29	7 55	4 20	3 06	New Moon	15th	9.26 a.m.
11		M		7 33	4 44	3 49	7 54	4 21	4 38	First Quarter	23rd	12.16 a.m.
12		TU		7 32	4 45	5 08	7 54	4 22	6 05	Full Moon	30th	11.25 p.m.
13		W		7 32	4 46	6 18	7 53	4 24	7 17	MANITOBA, SASKATCHEWAN AND ALBERTA.		
14		TH		7 31	4 48	Sets	7 53	4 25	sets			
15		F		7 31	4 49	4 40	7 52	4 27	4 03	Full Moon	1st	5.52 a.m.
16		S		7 31	4 50	5 59	7 52	4 28	5 34	Last Quarter	8th	2.44 p.m.
17		S		7 30	4 51	7 15	7 51	4 30	6 59	New Moon	15th	8.13 a.m.
18		M		7 30	4 52	8 27	7 50	4 31	8 21	First Quarter	22nd	11.3 p.m.
19		TU		7 29	4 54	9 35	7 49	4 33	9 37	Full Moon	30th	10.12 p.m.
20		W		7 28	4 55	10 41	7 48	4 35	10 52	BRITISH COLUMBIA.		
21		TH		7 27	4 56	11 47	7 47	4 36	morn.			
22		F		7 26	4 57	morn.	7 46	4 38	0 06	Full Moon	1st	4.7 a.m.
23		S		7 26	4 59	0 52	7 45	4 39	1 18	Last Quarter	8th	12.59 p.m.
24		S		7 25	5 01	1 58	7 44	4 41	2 32	New Moon	15th	6.28 a.m.
25		M		7 24	5 03	3 03	7 43	4 43	3 46	First Quarter	22nd	9.18 p.m.
26		TU		7 23	5 04	4 07	7 42	4 44	4 58	Full Moon	30th	8.27 p.m.
27		W		7 22	5 06	5 07	7 41	4 46	6 02	HOUSEHOLD HINTS.—		
28		TH		7 21	5 07	6 01	7 40	4 48	6 56			
29		F		7 20	5 09	rises	7 39	4 49	rises	Close all the doors and windows, and throw a handful of salt on the fire. Then hold a wet sheet over the fireplace opening, and the soot will stop burning.		
30		S		7 19	5 10	4 43	7 38	4 51	4 22			
31		S		7 18	5 12	5 58	7 36	4 53	5 44	TO REMOVE FUR FROM KETTLES.—Put two teaspoonfuls of borax in a kettle filled with water. Boil for a quarter of an hour, when the fur will be loosened, and may be thrown away. Before using the kettle again boil some fresh water in it.		

## HOUSEHOLD HINTS.

**CHIMNEY ON FIRE.**—Close all the doors and windows, and throw a handful of salt on the fire. Then hold a wet sheet over the fireplace opening, and the soot will stop burning.

**TO REMOVE FUR FROM KETTLES.**—Put two teaspoonfuls of borax in a kettle filled with water. Boil for a quarter of an hour, when the fur will be loosened, and may be thrown away. Before using the kettle again boil some fresh water in it.

**A WET SHOES HINT.**—Shoes or boots that have had a severe wetting should be stuffed with pieces of dry newspaper. This prevents cracking of the uppers, and turning up of the soles.

**TO CLEAN UP POLISH.**—This is a valuable hint when the polish of furniture has become dulled from age with constant use. Rub the polish with a soft cloth on which a little linseed oil is spread.

**A USE FOR OLD PAPER.**—Paper can be used to make the coals go farther. Press it into hard balls, and soak for a few minutes in water. Then place one or two of these hard balls on the fire, cover with coals, and this will keep the fire going for two or three hours.

**TO REMOVE THE SMELL OF FISH** from knives and forks, put some ordinary soap on a dishcloth and thoroughly rub the articles. The smell soon disappears.

**A WASHING WRINKLE.**—In washing new coloured blouses add a tablespoonful of vinegar to the water. Let the blouses stand in this for an hour, and then wash, and the colour will not run.

**FOR RUSTY FIREGRATES.**—Rub the rusty part with a raw onion, then apply blacklead, and after a few seconds brush in the ordinary way. This is a good tip.

# THE BEST HEALTH INSURANCE

## Is Good Digestion.

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**T**HERE'S no doubt about it ! Keep the digestive system—the stomach, liver, and bowels—in a thoroughly healthy condition, and you can almost laugh at disease. But don't mistake us. We are not arguing that when food is well digested you are absolutely safe from organic disease.

What we mean is that when the stomach, liver, and bowels are each in turn doing their work properly, you stand a far better chance of maintaining your health and vigour. Ask any medical man if this is not a fact, and he will most certainly tell you it is so.

Good digestion is the best health insurance because it enables any man or woman to keep fit, and keeping fit means that you are less liable to the attacks of disease than if you were weak and ailing. It is simple enough when you look at it in that light, but it is vastly important to your well-being. Among the blessings of good digestion are a clear skin, refreshing sleep, absence from pain and bodily discomfort, a feeling that it's good to be alive, a healthy appetite that makes eating a daily delight.

Look on the other side of the picture, and you see that bad digestion brings in its train many distressing symptoms, such as loss of appetite, pains after eating, flatulence, heartburn, acidity, depression, weariness, and disinclination for work or any form of activity.

Indigestion is one of the commonest complaints. Most people have it in a mild form at one time or another, and often without feeling any pain at all, for sleepiness, giddiness, depression, languor and poor appetite are quite common symptoms of indigestion.

The success of Mother Seigel's Syrup in banishing indigestion has been proved time and again beyond all doubt. Mind you, Mother Seigel's Syrup will not cure everything. It is not a magic remedy. Its remarkable efficacy depends, not upon any one ingredient, but upon many valuable herbal extracts, which in combination exert a wonderfully curative and strengthening influence upon the stomach, liver and bowels. When one or other of these organs becomes a little sluggish or inactive, Mother Seigel's Syrup is just the thing to restore it. If you remember that the symptoms of indigestion prove that something is amiss with the stomach, and that Mother Seigel's Syrup tones up and regulates the stomach, then you will see at once why its popularity has become world-wide.

Mr. Ben Trudeau, Manitowaning, P.O., Algoma Co., Ont., writes on Feb. 17th, 1914 :—"I am very much pleased with Mother Seigel's Syrup. I was at one time troubled with a disordered stomach for over six years. Mother Seigel's Syrup was highly recommended by friends, so I tried it, and in about two days I began to feel better. I was cured inside of a month. I mean never to be without it." Buy your bottle of Mother Seigel's Syrup to-day, but be sure you get the genuine remedy. No imitation is half so good.





1915.			For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day	Month	Day Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.			
1		M	7 17	5 13	7 13	7 34	4 55	7 08	Last Quarter 7th 12.57 a.m. New Moon 14th 12.17 a.m. First Quarter 21st 10.44 p.m.		
2		TU	7 16	5 14	8 27	7 32	4 56	8 32			
3		W	7 15	5 16	9 41	7 30	4 58	9 55			
4		TH	7 14	5 17	10 57	7 28	4 59	11 21	QUEBEC & ONTARIO.		
5		F	7 12	5 19	morn.	7 27	5 01	morn.			
6		S	7 11	5 20	0 17	7 26	5 02	0 50			
7		S	7 10	5 21	1 37	7 24	5 04	2 22	Last Quarter 6th 11.55 p.m. New Moon 13th 11.15 p.m. First Quarter 21st 9.42 p.m.		
8		M	7 08	5 22	2 55	7 22	5 06	3 50			
9		TU	7 06	5 23	4 06	7 20	5 08	5 06			
10		W	7 05	5 24	5 06	7 18	5 10	6 04	MANITOBA, SASKATCHEWAN AND ALBERTA.		
11		TH	7 04	5 25	5 51	7 17	5 12	6 42			
12		F	7 03	5 26	6 26	7 15	5 13	7 07			
13		S	7 02	5 27	sets	7 13	5 15	sets	Last Quarter 6th 10.42 p.m. New Moon 13th 10.2 p.m. First Quarter 21st 8.29 p.m.		
14		M	7 00	5 28	6 06	7 11	5 16	5 56			
15		TU	6 59	5 29	7 17	7 09	5 18	7 15			
16		W	6 58	5 30	8 23	7 08	5 20	8 30	BRITISH COLUMBIA.		
17		TH	6 56	5 32	9 30	7 06	5 21	9 45			
18		F	6 54	5 34	10 35	7 04	5 23	10 58			
19		S	6 53	5 36	11 42	7 02	5 25	morn.	Last Quarter 6th 8.57 p.m. New Moon 13th 8.17 p.m. First Quarter 21st 6.44 p.m.		
20		S	6 51	5 38	morn.	7 00	5 27	0 12			
21		M	6 50	5 39	0 48	6 59	5 28	1 27			
22		TU	6 49	5 41	1 52	6 58	5 30	2 41	USEFUL HINTS FOR EVERY MOTHER.		
23		W	6 47	5 42	2 54	6 56	5 31	3 49			
24		TH	6 46	5 44	3 50	6 54	5 33	4 46			
25		F	6 44	5 45	4 38	6 52	5 35	5 32	LET THE CHILD PLAY.—It is not a bad thing to let the children play on their own—they should not always be waited upon, fussed, and amused. The best and healthiest play for children is that which they make for themselves.		
26		S	6 42	5 47	5 17	6 50	5 37	6 03			
27		S	6 40	5 49	5 50	6 48	5 39	6 26			
28		S	6 38	5 51	6 16	6 45	5 41	6 44			

## USEFUL HINTS FOR EVERY MOTHER.

**LET THE CHILD PLAY.**—It is not a bad thing to let the children play on their own—they should not always be waited upon, fussed, and amused. The best and healthiest play for children is that which they make for themselves.

**SEVERE CUTS.**—A clean cut heals better when the wound is not washed. But if there is dirt, or particles of grit in the cut, it should be washed in warm water. Then apply a little Kno-Ska (No Scar), which heals quickly.

**A CHILD'S COLD.**—If your child catches cold it is a good plan to rub the chest well with sweet oil, night and morning. Warm the hand, apply about half a teaspoonful, and rub gently for five minutes.

**BRUISES AND BUMPS.**—Apply a little fresh butter or olive oil to the injured part, and renew it every quarter of an hour for two hours.

**IN BATHING BABY.**—Mind his eyes and mouth. Neglect of this precaution is the reason why so many babies hate their baths so much. Chafing of the baby's skin should always be looked for when the bath is finished, as a little red roughness may lead to a serious sore if neglected. For raw and irritated surfaces a little vaseline may be used.

**HICCUGH.**—This is sometimes troublesome and dangerous. To stop it quickly, close the ears with the first fingers, and swallow a little water or tea, presented to you by another person.

**SPLINTERS** when embedded deeply in the skin, can often be removed after a hot fomentation, with a clean needle.

**TOOTHACHE.**—Try a few drops of oil of cloves on a wad of cotton wool and place on the aching tooth. Sometimes a hot fomentation will give quick relief.

# SIX YEARS OF MISERY.

Indigestion—Constipation—Depression

YIELD TO

## MOTHER SEIGEL'S SYRUP.

Suppose Mme. Jos. Boucher, the writer of the letter appearing below, had taken Mother Seigel's Syrup after she had been a victim of indigestion for but a few months, she would have been saved from nearly six years of suffering. Suppose also that this world-famous remedy had been recommended to her at an earlier date, she would not have wasted money on other things. So, suffering, money, and time would have been saved, and instead of trying to bear up under six years of distressing symptoms, caused by indigestion, Madame Jos. Boucher would have been a well woman. There's a moral in this for you. Don't waste time and money on worthless remedies, but try Mother Seigel's Syrup at once, and note how quickly it gives relief.

Madame Jos. Boucher's letter is a proof of the value of Mother Seigel's Syrup to all women subject to stomach, liver, and bowel troubles. She writes on March 20th, 1914, from Shippigan, Gloucester Co., N.B. :—

"I am writing to tell you the great help I have derived from Mother Seigel's Syrup. It is impossible to tell you all that it has been to me, but you will understand when I tell you that it has changed me from an invalid to a healthy woman. I was prostrated with indigestion and general weakness, and for almost six years did not know what a day of real health meant.

"Day after day I just managed to drag through my work, sometimes wondering just how much longer I could go before collapsing entirely. The little incidents of the day that pass almost unnoticed when a person is well, were a burden to me, and at night I just dropped into bed without an ounce of strength left in my body.

"Of course all this showed in my appearance, and I grew awfully pale and thin. My appetite was very poor, all I ate being just about enough to keep a child alive, but even then I suffered hours of misery. The food seemed to rest on my stomach like a load, and I had almost unbearable stabbing pains in my chest. I felt just as if I had eaten nails instead of light foods.

"Sympathetic friends suggested a variety of remedies, many of which I tried without benefit, and I became very depressed as to how my sickness would end. I was badly constipated, and also suffered from shortness of breath, particularly when going upstairs.

"After six years of such misery I hardly expected to be well again, and I do not believe I should have been, had it not been for Mother Seigel's Syrup. It was recommended to me and I got a bottle, and my feelings can well be imagined when in a few days I felt better for it. I also got a couple of boxes of Mother Seigel's Pills. I am now in perfect health, and I never look back on those awful six years without thanking Mother Seigel's Syrup."

You can understand Madame Boucher's enthusiasm for Mother Seigel's Syrup. Saved from such a period of suffering she couldn't be anything else but grateful to this grand old herbal remedy. That's how tens of thousands feel, and after all, they know best how comforting it is to be rid of indigestion, that arch-enemy of good health. Try Mother Seigel's Syrup, and share their enthusiasm for its undoubted medicinal value.





1915.				For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day	Month	Day	Week	Sun Rises	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	M			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Full Moon	1st	2.19 p.m.
2	Tu			6 36	5 52	6 08	6 43	5 43	6 08	Last Quarter	8th	8.14 a.m.
3	W			6 34	5 53	7 23	6 41	5 45	7 33	New Moon	15th	3.28 p.m.
4	Th			6 32	5 54	8 42	6 39	5 47	9 03	First Quarter	23rd	6.34 p.m.
5	F			6 30	5 55	10 03	6 38	5 48	10 34	Full Moon	31st	1.24 a.m.
6	S			6 28	5 56	11 25	6 36	5 50	morn.			
7	S			6 26	5 57	morn.	6 34	5 51	0 07			
8	M			6 24	5 59	0 44	6 32	5 52	1 37			
9	Tu			6 22	6 00	1 59	6 30	5 54	2 57	QUEBEC & ONTARIO.		
10	W			6 20	6 01	3 02	6 28	5 56	4 01	Full Moon	1st	1.17 p.m.
11	Th			6 19	6 02	3 50	6 25	5 58	4 44	Last Quarter	8th	7.12 a.m.
12	F			6 17	6 03	4 28	6 23	5 59	5 12	New Moon	15th	2.26 p.m.
13	S			6 15	6 04	4 56	6 21	6 01	5 29	First Quarter	23rd	5.32 p.m.
14	S			6 14	6 05	5 18	6 19	6 02	5 42	Full Moon	31st	12.22 a.m.
15	M			6 12	6 06	sets	6 17	6 04	sets			
16	Tu			6 11	6 08	6 08	6 15	6 05	6 11	MANITOBA, SASKATCHEWAN, AND ALBERTA.		
17	W			6 09	6 09	7 14	6 13	6 06	7 26	Full Moon	1st	12.4 p.m.
18	Th			6 08	6 11	8 20	6 11	6 07	8 40	Last Quarter	8th	5.59 a.m.
19	F			6 06	6 12	9 27	6 09	6 09	9 55	New Moon	15th	1.13 p.m.
20	S			6 04	6 13	10 33	6 07	6 11	11 08	First Quarter	23rd	4.19 p.m.
21	S			6 02	6 14	11 38	6 04	6 13	morn.	Full Moon	30th	11.9 p.m.
22	M			6 00	6 15	morn.	6 02	6 15	0 24			
23	Tu			5 58	6 16	0 42	5 59	6 17	1 33			
24	W			5 56	6 17	1 40	5 56	6 18	2 35			
25	Th			5 54	6 19	2 31	5 54	6 20	3 25			
26	F			5 52	6 20	3 13	5 52	6 21	4 03			
27	S			5 50	6 21	3 47	5 50	6 23	4 28			
28	S			5 48	6 22	4 17	5 48	6 24	4 46			
29	M			5 46	6 23	4 39	5 46	6 25	5 01			
30	Tu			5 44	6 24	4 58	5 44	6 27	5 12			
31	W			5 42	6 26	rises	5 41	6 29	rises			
				5 41	6 27	7 38	5 39	6 31	8 04			

## GLOVES, HATS, AND FURS..

### How to Clean.

**BLACK GLOVES.**—If these have turned white at the finger tips and seams, brush them lightly with the tip of a feather dipped in a teaspoonful of salad oil to which a few drops of black ink have been added.

**WHITE KID GLOVES.**—Take two saucers, and put a little new milk in one, and a piece of brown soap in the other. Spread the glove out on a towel folded three or four times. Dip a piece of flannel in the milk, and then put some of the soap on it. Now begin to rub the glove, holding it down firmly, until it turns to a dingy yellow. Then dry, and the glove will be soft and white, as when new.

**TO REVIVE A BLACK HAT.**—Mix together one ounce of gum and one ounce of black ink. Brush this over black straw hats, applying lightly. For chip hats, the ink alone will do.

**CLEANING WHITE FURS.**—Get a handful of bran and moisten it with water. Then lay the fur on a table, and rub it with the moistened bran applied with a piece of flannel. Dry with a nice piece of fine muslin. This work wants doing quietly—force should not be used. See that all the bran is cleaned away from the fur.

**ORDINARY FURS.**—In cleaning furs it is a good plan to strip off the binding with the stuffing. Then take a clothes brush, the stiffer the better, and with the fur laid flat on the table brush firmly but not roughly. This is what you may call the first process. Next warm two handfuls of bran in a pan to drive off the moisture. Rub the warmed bran into the fur with the palm of the hand. Don't be afraid to use enough bran. You can brush it all out afterwards, when the fur will be bright and clean.

# THINK IT OVER!

## The Folly of Neglecting Indigestion.

**Y**ES, think it over! After reading this article let your mind dwell upon the danger and folly of neglecting indigestion. Then you will realise the necessity of keeping the stomach, liver, and bowels in a state of healthy activity, so that you yourself may be well, and strong, and vigorous enough to enjoy your life, and make the best of it.

Nobody likes to be ill. But it is a curious thing that when the stomach becomes deranged or the bowels irregular, and indigestion begins to exert its evil effects on the general health, people will go on thinking that in a day or two all will be well again. Is it not so?

No doubt you yourself think in such a way. You imagine that the occasional headache, the furred tongue, the feeling of weariness on rising in the morning, the fits of depression and languor, are merely temporary, and will disappear of their own accord. But really, you know, there's a very good reason for these slight complaints. They mark the beginning of indigestion, the arch-enemy of health, which, if neglected long enough, can and does upset the working of every vital organ in the body, so much so that life is hardly worth the living.

All through life it is the little things that matter. Especially does this apply to your health. If you value it—and who does not?—then you ought ever to be on the watch for what the physician calls the incipient signs of disorder, that is, the first early symptoms such as are indicated above. Get rid of these promptly by taking a course of Mother Seigel's Syrup, and it is no exaggeration to say that you may be avoiding a long period of suffering from acute headaches, pains after eating, flatulence, sleeplessness, unnatural weariness, fulness of the chest, giddiness, hot flushes, poor appetite, shortness of breath, and low spirits.

Mr. P. S. Doucet, of Petit Rocher, Gloucester Co., N.B., writes on Feb. 22nd, 1913 :—

"All the people around here who have used Mother Seigel's Syrup speak most highly of its value. For myself I wish to certify that Mother Seigel's Syrup completely cured me of indigestion. I suffered for several months, but secured relief and a permanent cure by the use of this wonderful remedy."

Mr. Edward Godin, Bathurst, Gloucester Co., N.B., writing on Aug. 10th, 1913, says :—

"I suffered from indigestion, and the only thing that did me good was Mother Seigel's Syrup. Three bottles cured me, and quite restored me to good health."

Happily, the experience of tens of thousands of people in the last forty years proves the wonderful worth of Mother Seigel's Syrup in treating indigestion. The herbal extracts of which the Syrup is made gently but surely clear out the poisonous products of indigestion, help the stomach to dissolve and digest what is nutritious in food, and expel the remainder through the bowels. You will be pleasantly surprised at the speedy improvement in your appetite, vigour and health, if you try even one bottle of this world-famous digestive tonic.





1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	TH	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.			
2	FR	5 40	6 28	9 03	5 37	6 33	9 39			
3	SS	5 38	6 29	10 26	5 35	6 35	11 14	Last Quarter	6th	3.58 p.m.
4	SS	5 36	6 30	11 46	5 33	6 36	morn.	New Moon	14th	7.22 a.m.
5	SS	5 34	6 31	morn.	5 30	6 38	0 42	First Quarter	22nd	11.25 a.m.
6	MT	5 33	6 32	0 54	5 28	6 39	1 53	Full Moon	29th	10.5 a.m.
7	TU	5 31	6 33	1 48	5 26	6 40	2 43			
8	TH	5 29	6 34	2 30	5 24	6 41	3 17			
9	FR	5 27	6 35	3 01	5 22	6 43	3 37			
10	SS	5 26	6 37	3 24	5 19	6 44	3 51			
11	SS	5 24	6 39	3 44	5 17	6 46	4 01			
12	MT	5 23	6 40	4 00	5 15	6 48	4 09			
13	TU	5 21	6 41	4 17	5 13	6 49	4 18			
14	TH	5 20	6 42	sets	5 11	6 50	sets			
15	FR	5 18	6 44	7 16	5 09	6 52	7 40			
16	SS	5 16	6 45	8 21	5 07	6 54	8 52			
17	SS	5 14	6 46	9 27	5 05	6 55	10 08			
18	MT	5 12	6 48	10 30	5 03	6 57	11 19			
19	TU	5 11	6 49	11 30	5 01	6 59	morn.			
20	TH	5 10	6 50	morn.	4 59	7 01	0 24			
21	FR	5 08	6 51	0 24	4 57	7 02	1 18			
22	SS	5 06	6 52	1 09	4 55	7 04	2 00			
23	SS	5 04	6 54	1 45	4 53	7 05	2 30			
24	MT	5 02	6 55	2 15	4 51	7 07	2 49			
25	TU	5 01	6 56	2 39	4 49	7 09	3 07			
26	TH	5 00	6 57	3 01	4 47	7 11	3 19			
27	FR	4 59	6 58	3 21	4 45	7 12	3 30			
28	SS	4 58	6 59	3 41	4 43	7 14	3 41			
29	SS	4 56	7 00	4 01	4 42	7 15	3 51			
30	TH	4 54	7 01	rises	4 40	7 17	rises			
	F	4 53	7 02	9 21	4 38	7 18	10 04			

## TONGUE TWISTERS !

### SAY THESE QUICKLY.

Betty Botter bought some butter,  
But she said, "This butter's bitter ;  
If I put it in my batter,  
It will make my batter bitter.  
But a bit o' better butter  
Would but make my batter better."  
So she bought a bit of butter  
Better than the bitter butter ;  
So 'twas better Betty Botter  
Bought a bit o' better butter.

Here is the description of a duel between two men, whose names are Shot and Not :  
Shot shot the first shot, and the shot Shot shot not Not, and the shot Not shot shot not Shot, so Shot shot again, and again the shot Shot shot shot not Not, but the shot Not shot shot Shot, so Not won notwithstanding.

There was a thistle sifter had a sieve of sifted thistles and a sieve of unsifted thistles. Said the sieve of sifted thistles to the sieve of unsifted thistles, "Here's to the health of the thistle sifter."

The editor of a farmer's paper who had been keeping a record of big beets announces at last that : The beet that beat the beet that beat the other beet is now beaten by a beet that beats all the beets, whether the original beet, the beet that beat the beet, or the beet that beat the beet that beat the beet.

Bill had a bill board. - Bill also had a board bill. The board bill bored Bill, so Bill sold the bill board to pay his board bill. So after Bill sold his bill board to pay his board bill, the board bill no longer bored Bill.

# "NO ONE KNOWS HOW I SUFFERED."

## A WOMAN'S STRIKING TRIBUTE TO MOTHER SEIGEL'S SYRUP

MADAM W. L. ARSENEAU, of Trout Stream, Gloucester Co., N.B., who writes the letter appearing on this page, knows from bitter experience how hard is the lot of the woman who has to struggle against the weakening and depressing effects of indigestion and still keep on doing her housework day by day. She tells you that at times she just wanted to go away and rest, and get right away from work and suffering. After all, that's the way with us all. When we are well, we are ready to face anything with a light heart. But should indigestion begin to undermine the system, and give rise to the distressing symptoms that make it so unbearable, we are like Madame Arseneau—ready to go and lie down, unfit for work, miserable, depressed and nervous.

Just listen to her story, then you'll agree that in advising the use of Mother Seigel's Syrup she certainly knows what she is talking about.

Dated Jan. 10th, 1914, the letter says :—

"In 1905, and the following three years, I suffered from indigestion, and how I suffered no one knows. I was almost continually prostrated with terrible pains after food, no matter what, and I gradually grew to hate the necessity of eating. Palpitation of the heart, especially during the night, added still more to the gloomy forebodings that ran through my mind, for I thought that health had left me for ever.

"I had a family to care for, some quite young, and the wear and tear of a day's work left me quite exhausted and wondering where I should find strength for the day following. The muscles of my limbs and back throbbed and ached, and my head felt as if it would burst. I only wanted to go and rest and get away from it all. It requires someone who has experienced it to understand how I felt, and how I longed for the cure that would give me health again.

"I found it in Mother Seigel's Syrup, and ever since have sold it, spoken of it, and regarded it as a health-giver, the best digestive remedy obtainable. The first two bottles worked an almost unbelievable change in me, I had less pain, and felt brighter and better. I now feel fine, and shall never cease to speak in praise of Mother Seigel's Syrup, through which I was able to leave those terrible days behind."

Facts such as those described by Madam Arseneau cannot be argued away. Personal experience of the curative value of Mother Seigel's Syrup has taught her that it will not only relieve indigestion, but banish it from the system. You can't get away from that. For not only does Madam Arseneau say it—every week people write telling how Mother Seigel's Syrup made them well and strong again. Sometimes it is a woman, sometimes a man, and in every case it is clear that they write from the conviction born of personal trial of the remedy.

Mother Seigel's Syrup acts quickly upon the organs of digestion—stomach, liver, and bowels—and restores them to activity and good tone. In the natural way it thus removes the cause that saps your strength, energy, and vitality.





1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Month.	Day Week.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	S	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	<div> Last Quarter 6th 1.9 a.m.  New Moon 13th 11.17 p.m.  First Quarter 22nd 12.36 a.m.  Full Moon 28th 5.19 p.m. </div>		
2	S	4 51	7 03	10 38	4 36	7 20	11 36			
3	S	4 50	7 04	11 41	4 34	7 21	morn.			
4	Tu	4 48	7 05	morn.	4 32	7 23	0 37			
5	W	4 47	7 06	0 27	4 30	7 24	1 17			
6	Th	4 45	7 07	1 02	4 28	7 25	1 42	<div> Last Quarter 6th 12.7 a.m.  New Moon 13th 10.15 p.m.  First Quarter 21st 11.34 p.m.  Full Moon 28th 4.17 p.m. </div>		
7	Th	4 44	7 08	1 28	4 27	7 26	1 58			
8	F	4 42	7 09	1 49	4 25	7 28	2 10			
9	S	4 41	7 10	2 07	4 24	7 29	2 20			
10	S	4 40	7 11	2 24	4 23	7 31	2 28			
11	M	4 39	7 12	2 41	4 21	7 32	2 36	<div> Last Quarter 5th 10.54 p.m.  New Moon 13th 9.2 p.m.  First Quarter 21st 10.21 p.m.  Full Moon 28th 3.4 p.m. </div>		
12	Tu	4 38	7 13	2 58	4 20	7 33	2 46			
13	W	4 37	7 14	3 18	4 18	7 35	2 59			
14	Th	4 36	7 15	sets	4 17	7 36	sets			
15	Th	4 35	7 16	8 22	4 15	7 38	9 08			
16	F	4 34	7 17	9 23	4 14	7 40	10 15	<div> Last Quarter 5th 9.9 p.m.  New Moon 13th 7.17 p.m.  First Quarter 21st 8.36 p.m.  Full Moon 28th 1.19 p.m. </div>		
17	S	4 33	7 18	10 18	4 12	7 41	11 13			
18	M	4 32	7 19	11 05	4 10	7 42	11 58			
19	Tu	4 31	7 20	11 44	4 09	7 44	morn.			
20	W	4 30	7 21	morn.	4 08	7 46	0 31			
21	Th	4 29	7 22	0 16	4 07	7 48	0 54	<div> Last Quarter 5th 9.9 p.m.  New Moon 13th 7.17 p.m.  First Quarter 21st 8.36 p.m.  Full Moon 28th 1.19 p.m. </div>		
22	F	4 28	7 23	0 42	4 05	7 49	1 11			
23	S	4 27	7 24	1 03	4 04	7 51	1 24			
24	S	4 26	7 25	1 21	4 03	7 52	1 35			
25	M	4 25	7 26	1 41	4 02	7 53	1 45			
26	Tu	4 24	7 27	2 02	4 01	7 54	1 56	<div> Last Quarter 5th 9.9 p.m.  New Moon 13th 7.17 p.m.  First Quarter 21st 8.36 p.m.  Full Moon 28th 1.19 p.m. </div>		
27	W	4 23	7 28	2 24	4 00	7 55	2 09			
28	Th	4 22	7 29	2 52	3 59	7 57	2 27			
29	F	4 21	7 30	rises	3 58	7 58	rises			
30	S	4 21	7 31	9 22	3 57	7 59	10 20			
31	M	4 20	7 32	10 17	3 56	8 00	11 10	<div> Last Quarter 5th 9.9 p.m.  New Moon 13th 7.17 p.m.  First Quarter 21st 8.36 p.m.  Full Moon 28th 1.19 p.m. </div>		
		4 20	7 33	10 59	3 55	8 01	11 42			

## THE CARE OF PETS.

**CATS.**—A little brimstone in their milk now and again is good for cats. Don't over-feed, and let the food be fresh milk, cat's meat, scraps, and a little sweet biscuit soaked in the milk. A cat is all the better for a good brushing now and again.

**POULTRY.**—Whether you have them for pleasure or profit, poultry should always be kept scrupulously clean. Observe this rule, and let them have as much new ground for scratching on as possible, with a fresh supply of water daily, and you will keep disease away. Exercise is important for poultry. It is said that the harder they work the more eggs do they give, and for that reason many successful poultry keepers now scatter grain among clean straw, so that if the fowls want food they must work to get it. Ground rice, well scalded with skimmed milk, and mixed with a little coarse sugar, is very fattening. Let the ordinary food be maize, or barley meal. But don't give too much at once.

**CANARIES.**—The food of canaries is most important. This should consist of summer rape seed, chickweed in springtime, lettuce leaves in summer, bruised hemp seed, and now and again the yolk of a hard-boiled egg. Strive to get variety in the food.

**DOGS.**—Properly treated, and well cared for, the dog is the best of all pets. But too often he is petted and pampered until his constitution is undermined, and he becomes a prey to disease. Every dog should have plenty of biscuits, bread and milk, scraps of meat from the table, clean and firm bones.

**RABBITS.**—Are often killed by kindness. "Pot-belly" is the chief thing to avoid, and it is always caused by excessive feeding on watery vegetables. It is always better to give dandelion leaves than leaves of cabbage and lettuce. Now and again give a little skimmed milk, and let the dry food be bran or oats.

# THE SALLOW DYSPETIC.

## Can't Eat—Can't Sleep—Can't Work.

**A**ND why not? Why is it that the sallow-skinned dyspeptic is a man with no appetite for food? Why can't he sleep, and why can't he work? Why is life to him a toil instead of a pleasure, and what is it that makes him, in nine cases out of ten, less capable of keeping pace with the rush and strain of modern life, than the healthy, hearty-eating individual.

There's a reason, and a very good one too. The stomach of the dyspeptic is in revolt. Very probably his liver is inactive, and most likely he is suffering from the ill-effects of sluggish bowels. In fact, his whole digestive system is out of gear, not working properly, not extracting the required amount of nourishment from food, and not getting rid of the waste matter of the digestive processes. That's all.

But what a contrast is this unenviable state of the dyspeptic with that of the strong and healthy man or women? Here you have the organs of digestion—stomach, liver, and bowels—working persistently, constantly, regularly, just like a well-oiled and well-designed piece of machinery.

And what is the result? Why, there is no pain for the healthy individual, no bodily discomfort after meals, no sense of emptiness, shortness of breath, weariness, depression, sleeplessness, or nerve-shattering headaches. This man can eat heartily and well, and look forward to his next meal with pleasure. This man can sleep well, and arise refreshed from his bed in the morning. This man can work well, and probably make more money at it, than the weakened and inactive dyspeptic. So it pays not to be a dyspeptic. It pays in compound interest—represented by good, buoyant health, rich stores of energy, a fine, well-balanced nervous system, a clear brain, sound muscles, and healthy tissues.

Save yourself from the bitter lot of the dyspeptic by treating your digestive system in a sensible fashion. Look well after it, just as you would after a delicate machine. Help it now and again by taking a dose of Mother Seigel's Syrup and you will soon be one of many thousands who know from personal experience that there is nothing better than this world-famous herbal remedy for restoring tone and activity to the stomach, liver, and bowels.

Madame Rosanna Pelletier, of Blair Athol, Restigouche Co., N.B., writes on Feb. 7th, 1913:—

"For several years I suffered from indigestion, experiencing violent pains after meals. The pains became so acute that I became afraid to eat anything but the very lightest food. They were accompanied by headache and a feeling as if I must vomit, and after a time I became practically useless, so far as looking after things in the house was concerned. A friend recommended Mother Seigel's Syrup, and I noticed an improvement very soon after I began taking it. In about three months I was perfectly cured."

Remember that Mother Seigel's Syrup is a herbal remedy, compounded from the extracts of rare roots, barks, and leaves, and you have one more reason for using it when your digestive system is out of tone and needs assistance. But be sure you get Mother Seigel's Syrup. Imitations are worthless.





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Day	Month	Day Week.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1		TU	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Last Quarter	4th	12.18 p.m.
2		W	4 20	7 34	11 29	3 54	8 02	morn.	New Moon	12th	2.43 p.m.
3		TH	4 20	7 35	11 52	3 53	8 03	0 02	First Quarter	20th	10.10 a.m.
4		F	4 20	7 <sup>36</sup>	morn.	3 53	8 04	0 16	Full Moon	27th	12.13 a.m.
5		S	4 19	7 37	0 11	3 52	8 05	0 26	QUEBEC & ONTARIO.		
6		M	4 19	7 38	0 30	3 52	8 06	0 36			
7		TU	4 19	7 39	0 47	3 52	8 06	0 45	MANITOBA, SASKATCHEWAN, AND ALBERTA.		
8		W	4 19	7 39	1 05	3 51	8 07	0 55			
9		TH	4 19	7 39	1 24	3 51	8 07	1 06			
10		F	4 19	7 40	1 46	3 51	8 08	1 22			
11		S	4 18	7 40	2 16	3 50	8 09	1 42			
12		M	4 18	7 41	2 51	3 50	8 09	2 09	Last Quarter	4th	11.16 a.m.
13		TU	4 18	7 41	sets	3 50	8 10	sets	New Moon	12th	1.41 p.m.
14		W	4 18	7 42	9 04	3 50	8 10	9 57	First Quarter	20th	9.8 a.m.
15		TH	4 18	7 42	9 45	3 49	8 11	10 34	Full Moon	26th	11.11 p.m.
16		F	4 18	7 43	10 18	3 49	8 11	10 59	BRITISH COLUMBIA.		
17		S	4 18	7 43	10 46	3 49	8 12	11 16			
18		M	4 18	7 44	11 08	3 49	8 12	11 32			
19		TU	4 18	7 44	11 27	3 49	8 12	11 42			
20		W	4 19	7 44	11 45	3 50	8 13	11 52			
21		TH	4 19	7 45	morn.	3 50	8 13	morn.	Last Quarter	4th	10.3 a.m.
22		F	4 19	7 45	0 06	3 50	8 13	0 03	New Moon	12th	12.28 p.m.
23		S	4 19	7 45	0 26	3 50	8 14	0 14	First Quarter	20th	7.55 a.m.
24		M	4 19	7 45	0 49	3 51	8 14	0 28	Full Moon	26th	9.58 p.m.
25		TU	4 20	7 45	1 20	3 51	8 14	0 48	THE CARE OF THE TEETH AND EYES.		
26		W	4 20	7 44	2 03	3 51	8 14	1 20			
27		TH	4 21	7 44	rises	3 51	8 14	rises			
28		F	4 21	7 44	8 50	3 52	8 14	9 39			
29		S	4 22	7 44	9 27	3 52	8 14	10 04			
30		M	4 22	7 43	9 54	3 53	8 14	10 21	Last Quarter	4th	8.18 a.m.
		TU	4 23	7 43	10 15	3 53	8 14	10 33	New Moon	12th	10.43 a.m.
		W							First Quarter	20th	6.10 a.m.
		TH							Full Moon	26th	8.13 p.m.

## THE CARE OF THE TEETH AND EYES.

When you come to think of it, our teeth have a great deal of work to do, and for that very reason we should look well after them. Perhaps the value of good teeth is not properly appreciated until you have lost them, and have to get along with the artificial kind.

Teeth can be saved until you reach a green old age, provided you start to be careful at an early age.

But in any case, it's never too late to begin caring for them. Undoubtedly the best means of preserving the teeth is to keep them clean.

Brush them night and morning with clean water and sprinkle common salt on the brush. Salt is a good mouth cleanser, so there is no real need to buy expensive tooth powders and pastes.

The brush should be moderately hard, and the water fresh and sparkling from the tap.

As to the eyes, there is one vitally important rule that everybody should never forget—rest them as much as possible.

Eye troubles are often, first of all, caused by overworking the eyes.

But once the vision becomes defective see an oculist, have your eyes tested, and properly fitted with good glasses.

Never read, or sew, or do any work in the full glare of the sun unless you can protect the eyes.

Don't read in bed. This habit, which is very common, often leads to defective vision, and has led to the ruin of many eyes.

# A MENACE TO HEALTH.

## Why Constipation Should be Avoided.

**I**T has been shown time and time again, it has been asserted by doctors and men of science, and thousands of people have proved it for themselves, that constipation is really a menace to health, to be shunned at all times, and avoided by all sensible people who value their good health.

Of course it is easy to talk, and say "get rid of constipation." There must be a means of bringing about that desirable result. Well, you have it in Mother Seigel's Syrup, the grand old herbal remedy, which has probably banished more constipation, and consequently safeguarded the health of tens of thousands, than any other preparation in the world. Every year shoals of letters are received praising Mother Seigel's Syrup for the effective and speedy way in which it removes and prevents this troublesome and dangerous complaint.

Beyond what has been said, hardly any proof is needed that constipation is a menace to health. Most people know it, and readily admit that when the bowels are healthily active, and doing their special task of removing the waste matter of the body efficiently and regularly, it is a pretty sure means of keeping in good health.

Miss Julia Hall, Trout Stream, Gloucester Co., N.B., writes on Jan. 11th, 1914 :—

"I suffered from indigestion in a severe form for over two years, during which I did not once feel well. I was also terribly constipated, with dull aching pains in my back and sides, and none of the several remedies I tried gave me any benefit at all. Sometimes I became very nervous at the quick way my heart beat, and was afraid to exert myself for fear of serious consequences. Anyone who has felt the anxiety and dread that was constantly hanging over me, will appreciate my deep thanks and gratefulness when Mother Seigel's Syrup completely removed it, and put me back to work with pleasure and often a laugh. All who suffer from indigestion or constipation should take Mother Seigel's Syrup, for I believe it to be the finest remedy obtainable."

That constipation is a menace to health is proved by the number of distressing symptoms to which it often gives rise. Such as headaches, languor, sleeplessness, bad breath, aching limbs, and irritability. Moreover, when through constipation the blood stream becomes charged with impurities, the skin becomes sallow, and is sometimes disfigured by spots and blotches.

The most valuable advice we can offer you is this—don't attempt to cure constipation by dosing yourself with violent purgatives. That is simply asking for trouble.

The thing to do is to strengthen and regulate the action of the stomach, the liver, and the bowels, so that all work together in the task of extracting nourishment from the food you eat, enriching the blood, and expelling waste matter from the body.

Mother Seigel's Syrup does not violently purge the bowels for a few days, and then leave you more constipated than before. It gradually removes the trouble by toning and regulating the stomach, liver, and bowels, so that they are enabled once again to do their work efficiently.





1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day	Month	Day	Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	
1	TH	4	m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.
2	F	4	24	7 42	10 34	3 54	8 14	10 42		
3	S	4	25	7 42	10 52	3 55	8 14	10 52		
4	S	4	26	7 42	11 10	3 56	8 13	11 02		
5	M	4	26	7 41	11 27	3 56	8 13	11 13		
6	TU	4	27	7 41	11 49	3 57	8 12	11 28		QUEBEC & ONTARIO.
7	W	4	27	7 41	morn.	3 58	8 12	11 45		
8	TH	4	28	7 40	0 17	3 59	8 11	morn.		
9	F	4	28	7 40	0 50	4 00	8 11	0 11		
10	S	4	28	7 39	1 31	4 01	8 10	0 47		
11	S	4	29	7 39	2 22	4 02	8 10	1 47		MANITOBA, SASKATCHEWAN, AND ALBERTA.
12	M	4	30	7 38	sets	4 03	8 09	sets		
13	TU	4	30	7 38	8 20	4 03	8 08	9 04		
14	W	4	31	7 37	9 51	4 04	8 07	9 23		
15	TH	4	32	7 37	9 13	4 05	8 06	9 40		
16	F	4	33	7 36	9 33	4 05	8 05	9 52		BRITISH COLUMBIA.
17	S	4	34	7 36	9 51	4 06	8 04	10 01		
18	S	4	35	7 35	10 11	4 07	8 03	10 12		
19	M	4	36	7 35	10 30	4 08	8 02	10 22		
20	TU	4	37	7 34	10 52	4 09	8 01	10 34		
21	W	4	38	7 34	11 19	4 10	8 00	10 51		Last Quarter 4th 1.40 a.m. New Moon 12th 5.17 a.m. First Quarter 19th 4.55 p.m. Full Moon 26th 7.57 a.m.
22	TH	4	38	7 33	11 55	4 12	7 58	11 16		
23	F	4	39	7 32	morn.	4 14	7 57	11 56		
24	S	4	40	7 31	0 42	4 15	7 55	morn.		
25	S	4	41	7 30	1 44	4 17	7 53	0 56		
26	M	4	42	7 29	3 00	4 18	7 52	2 17		Last Quarter 3rd 11.25 p.m. New Moon 12th 3.2 a.m. First Quarter 19th 2.40 p.m. Full Moon 26th 5.42 a.m.
27	TU	4	43	7 28	rises	4 20	7 51	rises		
28	W	4	44	7 27	8 16	4 21	7 49	8 39		
29	TH	4	45	7 26	8 36	4 23	7 47	8 49		
30	F	4	46	7 25	8 56	4 24	7 46	9 00		
31	S	4	48	7 24	9 14	4 26	7 45	9 09		Last Quarter 3rd 9.40 p.m. New Moon 12th 1.17 a.m. First Quarter 19th 12.55 p.m. Full Moon 26th 3.57 a.m.
		4	49	7 23	9 32	4 27	7 44	9 20		

## HOW TO KEEP YOUR GOOD LOOKS.

There's no doubt about it, if you want to keep your good looks you must first of all avoid all digestive troubles.

Keep your liver, stomach, and bowels in a healthy condition by taking occasional doses of Mother Seigel's Syrup, and you take the most important step towards maintaining the healthy glow and colour of the complexion.

After that, you must have a moderate amount of exercise, so as to keep the circulation active and the muscles firm. Most women don't get half enough fresh-air exercise.

If pimples are spoiling your good looks, attention should be paid at once to the diet. Avoid all rich food for a time, also pastry and new bread, and take plenty of green vegetables and fruit.

Sleep with your bedroom window open, and don't forget about exercise and the value of fresh air.

Pimples are usually a sign that the blood is out of order. Take Mother Seigel's Syrup after your meals for a little while, and it will soon bring about an improved state of the blood.

If the face is sunburnt or wind-nipped bathe it with warm water, and sponge it with a simple mixture of lavender water and rain water in equal parts.

Lack of sleep, worry, and depression are responsible for more wrinkles than anything else. Therefore, rest the mind and body as much as possible. Go early to bed, endeavour to get eight hours' sleep, and try not to worry. You've only one life to be cheerful in, so make a start now.

If the wrinkles have made their appearance, then something may be done to get rid of them. Apply a little good cream or olive oil. Rub in a circular fashion if the lines spread from the eyes to the hair.

# Constipation—Indigestion—Headaches

CAN BE QUICKLY BANISHED

By MOTHER SEIGEL'S SYRUP.

HERE ARE LETTERS THAT PROVE IT.

**F**ACTS, of course, will always be better than fiction. That's why we ask you to read the following letters, each one of which shows in unmistakable fashion how Mother Seigel's Syrup banished constipation, indigestion, and headaches.

Mr. Harris Crosman, of Wards Brook, Cumberland Co., N.S., writes on March 5th, 1914 :—

"I was ill with acute indigestion for five years, with scarcely an hour's freedom from pain. The difference between good appetite and digestion, and poor appetite and indigestion, is too wide to be set down in writing, but I went from one to the other almost before I was aware of it.

"I suffered acutely from constipation and sick headaches. Every day it was the same, so it is not to be wondered that in a few weeks I lost flesh and looked a different man. When I took Mother Seigel's Syrup, in two days I knew for sure it was what I wanted, and had been looking for for five years, and I tell you it was like going from winter to summer. Now I sleep like a log, and get up with a vim for work that gives pleasure in living, for which credit is due to Mother Seigel's Syrup."

Says Mr. Jos. Giroux, Nosbonsing, Nipissing Dist., Ont., on Feb. 2nd, 1914 :—

"About two years ago I was taken sick with terrible indigestion and constipation, the sickness increasing day by day, month by month. With the beginning of the sickness began also the constant taking of medicine, for I tried all kinds of pills and liquid prescriptions, but all failed. I began to have pains below my shoulders. I was obliged to quit eating all kinds of meat, and later was told to abandon even any kind of food. A teaspoonful of milk five or six times a day was all I took during the last two weeks, but I could not even keep that. Just then I tried Mother Seigel's Syrup, and I began to feel better. I was soon quite fit and well again."

Mr. J. P. Lewens, Avondale Ave., Hamilton, Ont., writes on March 20th, 1914 :—

"Acute constipation and frequent spells of dizziness were completely removed by Mother Seigel's Syrup.

"After using Mother Seigel's Syrup for two months, I am glad to say that I have also found it a splendid remedy for impure blood. For almost three years my blood was in a very poor condition, showing itself in blotches on my face and other parts of my body."

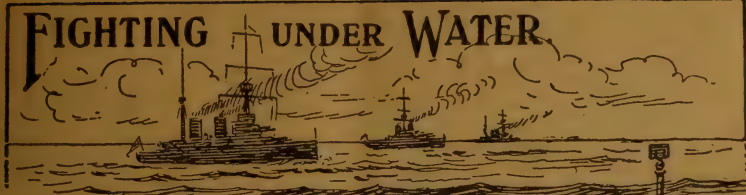
Mr. Jos. Mallet (Farmer), Shippigan, Gloucester Co., N.B., writes on March 20th, 1914.

"Three years ago I began to lose strength and showed signs of a nervous breakdown. It started with a miserable irritable feeling towards everybody and everything, I couldn't have told you why, it was in me and had to show. Spells of headache, lasting sometimes for days, were frequent, while my bowels were all out of gear. For days at a stretch I was badly constipated, and then I would have an attack of violent diarrhoea. So it went on, one thing or the other all the time, and I tell you what with it all I was fairly going to pieces.

"Mother Seigel's Syrup, however, changed it all, and my health is now excellent, for which I am grateful to your fine remedy."



# FIGHTING UNDER WATER



## Wonders of the Submarine Explained.

A submarine looks harmless enough, but at the will of its navigation officer it can descend to a depth sufficient to clear the hull of a ship; when under water, it can keep on an even keel, otherwise it would dive to destruction; it is water-tight and air-tight, yet the men within it breathe and live in comparative comfort; and finally, after having dived quickly, it can be brought swiftly back to the surface, in time to witness the disaster it has wrought on an enemy's battleship.

That is not all. The submarine, so far from being a coasting vessel, is now taking its place as an ocean-going craft. The latest types in the British Navy are capable of travelling 4,000 miles on the surface, and there is enough motive power in the electric storage batteries to drive the vessel under the water for two days and nights, at a speed of eleven knots an hour.

Now let us see how the submarine does its work. When under water, it is not like a blind fish in a cavern. Down to a certain depth the navigation officer can see all that is taking place on the surface. The eye of his craft is an instrument called a periscope, which contains a series of prisms reflecting a picture of the surrounding water, down a telescopic tube so that the officer below can examine and magnify it through a pair of binoculars, as shewn on the accompanying illustration.

Some submarines have now two periscopes, one for viewing near, and the other for distant objects. When the officer in charge wants to make his submarine dive, he closes all the doors on deck, touches a button, and so shuts off his oil-fuel engines, which alone are used on the surface. Pressure of the button starts electric motive power for the propellers at the rear, and at the same time water is admitted to specially provided tanks in the base of the submarine.

This water makes her settle down in the water, just as a sinking ship does, but electrically driven diving propellers increase this tendency, and serve to force the submarine downwards along an inclined plane.

An indicator tells the officer in command to what depth the submarine has descended. If he is deep enough, he can begin to travel along on an even keel, and provided the conditions above allow him to use the periscope, make for the opposing ship and deliver his deadly torpedoes.

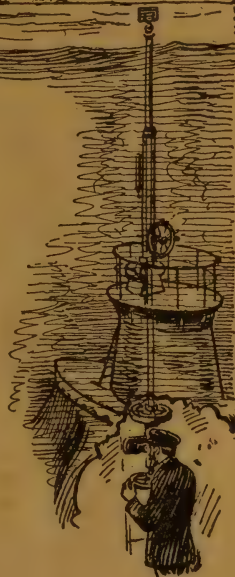
One disadvantage of the submarine is that if sunk to such a depth that the periscope cannot be used, it immediately becomes blind, that is, dependent upon guess-work and good luck. Further, a stray shot may demolish the periscope, and so for the time being destroy the fighting efficiency of the submarine.

Experiments are now being made with the object of producing an electric instrument which will tell the commander what is going on around him, even if he cannot see with his periscopic eye.

Compressed air is used for the men to breathe, also for discharging the torpedoes, and for expelling the water from the tanks when the submarine rises to the surface again.

Officers and crew as a rule number fourteen, and are now able to do all their own cooking and otherwise maintain themselves for several days without outside assistance.

Armed with four torpedo tubes and quick firing guns the submarine is at least one of the most efficient and deadly weapons in the British Naval service.



# LIVERISHNESS.

## The Cause of Bad Temper and Misery.

WHEN the liver goes wrong, everything else seems to go wrong, and men and women become irritable, bad-tempered, difficult to live with, and hard to please. It is a well-known fact among the people who knock about the world a good deal that if you want to do business with a man you must not approach him when he is liverish: and any workman who asks for a rise when his employer has a "liver," will certainly come away from the office very much discouraged.

Again, liverishness has been responsible for more irritability and discontent in the home than any other single thing. How, for instance, can a liverish man possibly appreciate the tasteful dish which a thoughtful wife has prepared for him at the end of the day's work? He simply cannot do it. And is it possible for a woman to be cheerful and happy, to do her work about the house with eager interest, if she is subject to sick headaches and prostrating bilious attacks caused by faulty action of the liver?

In few words, liverishness may be summed up thus: it breeds misery and discontent, melancholy, depression, and weariness. On the other hand, when the liver is healthy, you don't know you have one. Daily, hourly, this important organ performs its natural functions, and so long as it does so you are blissfully unaware of it.

There's a common-sense way of getting rid of liverishness, a simple economical, and pleasant way, which you will soon learn to appreciate and value at its proper worth. It is this—take a daily dose of Mother Seigel's Syrup after your meals. This fine old remedy very often gives prompt relief if taken at the first sign of liverishness, and with a little perseverance it can and does help the liver to regain its normal condition of good health and activity. Mother Seigel's Syrup has brought brightness and better health to thousands of liverish men and women all over the world.

The herbal extracts of which Mother Seigel's Syrup is composed not only help the liver, but also the stomach and bowels. Get these organs into a state of healthy activity and, failing organic disease, you are bound to be well and strong. You and your liver won't fall out if you look after it. A little bit of attention now and again, will save you from much pain, discomfort, and weakness. How true this is you can test for yourself by buying a bottle of Mother Seigel's Syrup to-day.

Mrs. W. Ducharme, of St. Alexis des Monts, Maskinonge, P.Q., in a letter recently received said:—"As a family medicine I do not think there is anything to equal Mother Seigel's Syrup. It cured me of violent attacks of biliousness and indigestion after I had searched for a cure for months. The oppression after eating was such as to be almost indescribable, and can only be known by those who have actually suffered them."





1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Month.	Day Week.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	S	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.			
2	M	4 50	7 21	9 52	4 28	7 43	9 33	Last Quarter	2nd	5.13 p.m.
3	TU	4 51	7 20	10 17	4 29	7 41	9 49	New Moon	10th	6.38 p.m.
4	W	4 52	7 18	10 49	4 31	7 40	10 12	First Quarter	17th	10.3 p.m.
5	TH	4 53	7 17	11 26	4 33	7 38	10 43	Full Moon	24th	5.27 p.m.
6	F	4 54	7 16	morn.	4 34	7 36	11 29			
7	S	4 55	7 15	0 13	4 35	7 35	morn.			
8	S	4 56	7 14	1 09	4 37	7 34	0 27	QUEBEC & ONTARIO.		
9	M	4 57	7 13	2 14	4 38	7 32	1 37			
10	TU	4 58	7 12	3 20	4 40	7 30	2 53	Last Quarter	2nd	4.11 p.m.
11	W	4 59	7 10	sets	4 41	7 28	sets	New Moon	10th	5.36 p.m.
12	TH	5 00	7 09	7 40	4 43	7 26	8 00	First Quarter	17th	9.1 p.m.
13	F	5 01	7 08	7 59	4 44	7 25	8 10	Full Moon	24th	4.25 p.m.
14	S	5 02	7 07	8 18	4 46	7 24	8 20			
15	S	5 03	7 05	8 37	4 47	7 22	8 30	MANITOBA, SASKATCHEWAN, AND ALBERTA.		
16	M	5 04	7 03	8 58	4 48	7 20	8 42			
17	TU	5 06	7 02	9 22	4 49	7 18	8 58	Last Quarter	2nd	2.58 p.m.
18	W	5 07	7 00	9 54	4 51	7 16	9 19	New Moon	10th	4.23 p.m.
19	TH	5 09	6 59	10 36	4 52	7 14	9 51	First Quarter	17th	7.48 p.m.
20	F	5 10	6 57	11 32	4 54	7 12	10 44	Full Moon	24th	3.12 p.m.
21	S	5 12	6 56	morn.	4 56	7 10	11 55			
22	S	5 13	6 54	0 40	4 58	7 08	morn.	BRITISH COLUMBIA.		
23	M	5 14	6 52	1 57	5 00	7 06	1 19			
24	TU	5 15	6 50	3 16	5 02	7 04	2 49	Last Quarter	2nd	1.13 p.m.
25	W	5 16	6 49	4 35	5 04	7 02	4 19	New Moon	10th	2.38 p.m.
26	TH	5 17	6 47	rises	5 05	7 00	rises	First Quarter	17th	6.3 p.m.
27	F	5 18	6 46	7 17	5 06	6 58	7 17	Full Moon	24th	1.27 p.m.
28	S	5 19	6 44	7 36	5 07	6 56	7 26			
29	S	5 20	6 42	7 55	5 08	6 54	7 38			
30	M	5 21	6 40	8 18	5 10	6 52	7 54			
31	TU	5 22	6 38	8 47	5 12	6 49	8 13			
		5 23	6 36	9 22	5 14	6 47	8 41			

## SOME HEALTH DON'TS.

Don't eat rich, fatty foods such as bacon, ham, pork, veal, and fat mutton, when you have indigestion.

Don't eat too many potatoes, or pickles, or highly seasoned food.

Don't forget to take exercise, especially when you suffer from biliousness and other liver troubles. Also avoid alcohol, fatty foods, and raw fruit. The best plan is to let your meals be light for a few days.

Don't waste time when you begin to suffer from the symptoms of faulty digestion. Take Mother Seigel's Syrup at once, and so save yourself from much needless suffering.

Don't take porridge, or starchy vegetables such as potatoes; or mustard, pepper, and all condiments when you have rheumatism. Rich meats such as beef and pork should be left alone, and moderate exercise taken every day.

Don't allow the bowels to become constipated. This is very important if you are subject to acidity. You can take light and easily digestible food, such as fish, eggs, and well-cooked vegetables, but beef, pork, bacon, rich pastry, or highly seasoned soups should be eaten very sparingly.

Don't forget that for constipation Mother Seigel's Syrup is an excellent remedy. Take from fifteen to thirty drops in water after each meal. It will remove the pain and burning at the pit of the stomach that arises from acidity and constipation.

Don't shut out the sun from your home. Sunlight is a germ-destroyer and preventive of disease.

Don't stay up until after midnight, and expect to rise refreshed in the morning. It can't be done. Remember the good old rule about "Early to bed, early to rise."

# GET RID OF THOSE HEADACHES.

**I**T is rather extraordinary, but nevertheless very true, that many women, and not a few men, have an idea that headaches are to be expected as part of one's everyday life, and consequently to be borne with as much patience as one can command. But this is an absolutely mistaken idea for anybody to labour under. Headaches are not natural. Headaches don't arise of themselves. They usually indicate trouble in some part of the human system, and should be regarded as warning signals of danger.

Of course you can get a headache on a railway journey, or through worry, or eye-strain, nerve troubles, or overwork, but undoubtedly the most common cause of headaches is to be found in faulty action of the stomach, liver, and bowels. Let one of these organs go ever so slightly wrong and a headache is often the first symptom. Probably the explanation is that the digestive system is so closely linked up with the nervous system that the slightest disturbance is registered by the brain in the form of a headache, just as a certain instrument used by the scientists will register tremors in the earth.

There is no getting away from the fact that headaches are far too common nowadays. And there is also no denying that tens of thousands of women every week are suffering, when with a little precaution they might be quite free from pain. The organs of digestion should be kept in a state of healthy activity, for as soon as the stomach, liver, or bowels go ever so slightly wrong, then badly-digested food begins to give off harmful products which are absorbed into the system and then you may expect headaches in a more or less acute form.

It is useless, even injurious, for women to attempt to rid themselves of headaches caused by faulty action of the stomach, liver, and bowels, by resorting to the harmful and widely advertised headache powders. These may give temporary relief, but surely the better way, the permanent way, is to correct the disordered condition of the stomach, liver, and bowels from which these headaches arise.

In almost every civilised country to-day tens of thousands of people owe their freedom from headaches to Mother Seigel's Syrup. By personal trial they have proved this famous herbal remedy, and found how wonderful is its success in restoring strength and tone to weak stomachs, sluggish livers, and inactive bowels. These beneficial effects are brought about by the combination of rare roots, barks, and leaves of which Mother Seigel's Syrup is scientifically compounded.

But nothing in this world is so convincing as personal test and trial, so get a bottle of Mother Seigel's Syrup to-day, take it in the prescribed doses after meals, and see if it does not do you a world of good. Ask for Mother Seigel's Syrup, the remedy which has been in use for over forty years, and then you will not be put off with imitations or substitutes. You have only to be firm, and you will get the genuine remedy.





1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	W	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Last Quarter	1st	10.43 a.m.
2	TH	5 24	6 34	10 06	5 16	6 45	9 21	New Moon	9th	6.39 a.m.
3	F	5 26	6 32	10 57	5 17	6 43	10 13	First Quarter	16th	3.7 a.m.
4	S	5 27	6 30	11 59	5 19	6 41	11 20	Full Moon	23rd	5.21 a.m.
5	S	5 28	6 29	morn.	5 20	6 39	morn.	QUEBEC & ONTARIO.		
6	M	5 29	6 27	1 04	5 21	6 37	0 33	Last Quarter	1st	9.41 a.m.
7	TU	5 30	6 25	2 13	5 22	6 35	1 53	New Moon	9th	5.37 a.m.
8	W	5 31	6 23	3 25	5 23	6 33	3 11	First Quarter	16th	2.5 a.m.
9	TH	5 32	6 22	sets	5 25	6 30	sets	Full Moon	23rd	4.19 p.m.
10	F	5 34	6 20	6 23	5 27	6 28	6 29	MANITOBA, SASKATCHEWAN, AND ALBERTA.		
11	S	5 35	6 19	6 43	5 28	6 26	6 39	Last Quarter	1st	8.28 a.m.
12	S	5 36	6 17	7 04	5 29	6 24	6 51	New Moon	9th	4.24 a.m.
13	M	5 37	6 16	7 27	5 30	6 22	7 05	First Quarter	16th	12.52 a.m.
14	TU	5 38	6 14	7 57	5 32	6 19	7 25	Full Moon	23rd	3.6 a.m.
15	W	5 39	6 12	8 37	5 33	6 17	7 54	BRITISH COLUMBIA.		
16	TH	5 40	6 10	9 27	5 35	6 15	8 40	Last Quarter	1st	6.43 a.m.
17	F	5 41	6 08	10 30	5 36	6 13	9 44	New Moon	9th	2.39 a.m.
18	S	5 42	6 06	11 45	5 37	6 11	11 04	First Quarter	15th	11.7 p.m.
19	S	5 43	6 05	morn.	5 39	6 09	morn.	Full Moon	23rd	1.21 a.m.
20	M	5 45	6 03	1 01	5 41	6 07	0 31			
21	TU	5 46	6 01	2 18	5 43	6 05	1 57			
22	W	5 47	5 59	3 33	5 45	6 02	3 22			
23	TH	5 48	5 57	4 46	5 47	6 00	4 44			
24	F	5 50	5 55	rises	5 48	5 57	rises			
25	S	5 51	5 53	5 59	5 50	5 55	5 46			
26	S	5 52	5 51	6 21	5 51	5 53	6 01			
27	M	5 53	5 49	6 47	5 52	5 50	6 18			
28	TU	5 54	5 47	7 20	5 54	5 48	6 42			
29	W	5 55	5 44	8 01	5 55	5 46	7 18			
30	TH	5 56	5 42	8 49	5 56	5 44	8 05			
		5 58	5 40	9 45	5 58	5 41	9 03			

## ARE YOU SUPERSTITIOUS ?

Do you believe in dreams, omens, portents, signs, warnings, harbingers, or "handwriting on the wall"? Perhaps not!

But lots of people get a good deal of fun out of life by pretending to believe in popular superstitions.

They look into a teacup, after drinking the tea, and believe that three small dots of grounds stand for a wish.

Or a small speck near the top indicates a letter; or grounds crossed stand for enemies.

A ring means an offer of marriage to a single woman, or if the grounds are bunched together a sum of money, or like a closed hand, a warning of danger.

In remote parts of Ireland, lovers still plight their troth over a running stream. The promise that each makes to the other is regarded as of the most binding character.

If the man fails to fulfil his promise it is said that ill-luck and misfortune will follow him to the end of his days. Let fickle young men beware!

A small white mark on the nail of the first finger is said to mean that a friend is coming to see you. On the second finger the mark foretells the nearness of a foe; on the third, if a woman, the mark means an offer of marriage; on the fourth, or little finger, the mark indicates a journey to be undertaken.

A mark on the thumb nail means "the giving of a gift," and the size of the mark indicates the value of the gift. Try this amusing method of fortune telling on your friends.

If you have any bad news, says an old superstition, you should tell the bees about it. Go down the garden, if you have any bees, or somebody else's garden if you haven't, and tell your tale of woe to the honey-makers.

# OH, THOSE HEADACHES!

WHEN CAUSED BY STOMACH, LIVER, OR BOWEL TROUBLE,  
GET RID OF THEM BY TAKING

## MOTHER SEIGEL'S SYRUP.

WHEN one or other of the digestive organs—stomach, liver, and bowels—go wrong, as a rule the first symptom is a violent headache. Constipation is a common cause of headaches; so is indigestion, and we have already seen that if anything is wrong with the liver, there will almost certainly be sick headaches too.

Mother Seigel's Syrup is thus a splendid remedy for headaches, because its combination of roots, barks, and leaves quickly restore tone and strength to weak stomachs, sluggish livers, and inactive bowels. Then the *cause* of headaches is removed, and you see at once that not only does Mother Seigel's Syrup banish them, but also keeps them away.

### SPLITTING HEADACHES.

"I would like you to know that Mother Seigel's Syrup has proved its undoubted value to me, for when seized with stomach weakness that brought me to a very low state, I was cured by Mother Seigel's Syrup.

"I suffered terribly with splitting headaches, and attacks of dizziness on the slightest exertion, and began to find my everyday work around the house growing harder each day. In spite of several treatments I got thinner and thinner, and my skin took on a pallid, sickly colour that spoke plainly enough of my condition, but still, I doubt if my looks showed half the misery I suffered.

"Mother Seigel's Syrup very soon put a different complexion on circumstances and on myself, for almost as soon as I commenced its use the tide turned, and I felt better. The weak, ailing sensation left me, and I could work for longer periods without rest. Ever since, Mother Seigel's Syrup has had a front place on the shelf, and has never failed to help the stomach and bowels and restore them to healthy condition." Mrs. Robt. McCully, Port Greville, Cumberland Co., N.S., March 5th, 1914.

### DAILY HEADACHES FOR YEARS.

"For many years I suffered from headache that attacked me almost daily. I tried Mother Seigel's Syrup, and am happy to say that I am now completely cured, and it is a pleasure to me to recommend your medicine to all my friends as a cure for headache." Mdle. Cornelia Fournier, Blair Athol, Restigouche Co., N.B., Feb. 15th, 1913.

### "ALWAYS GOOD FOR SICK HEADACHES."

"It is with pleasure that I write to say we have been using Mother Seigel's Syrup a good many years, and have always found it good for sick headaches, indigestion, and stomach troubles. We always keep a bottle in the house to have it handy. If these few lines are of any good to you, you can use them as you please." Mrs. Stephenson, Thunder Bay and Rainy River Dist., Stanley Township, Ont., Jan. 8th., 1913.

### DISTRESSED BY PAINS AFTER EATING.

"For some considerable time I was troubled with wind on the stomach, and was greatly distressed by pains after eating. I was advised to try Mother Seigel's Syrup, and used several bottles with most excellent results. I am pleased to say that by taking a few drops after meals I recovered—the pain and distress vanishing." Elizabeth McLennan, North Gut, St. Ann's, C.B., North Cape Breton and Victoria Co., Jan. 21st., 1913.





1915.			For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.			
Day	Month	Day	Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
				h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Last Quarter	1st	5.30 a.m.
1		F		6 00	5 38	10 48	6 00	5 39	10 13	New Moon	8th	5.28 p.m.
2		S		6 01	5 36	11 54	6 01	5 37	11 29	First Quarter	15th	9.38 a.m.
3		M		6 02	5 35	morn.	6 03	5 35	morn.	Full Moon	22nd	8.2 p.m.
4		Tu		6 03	5 34	1 04	6 05	5 33	0 46	Last Quarter	31st	12.26 a.m.
5		W		6 04	5 32	2 15	6 06	5 31	2 05			
6		Th		6 05	5 30	3 27	6 08	5 29	3 26			
7		F		6 06	5 28	4 40	6 09	5 27	4 48			
8		S		6 07	5 27	sets	6 11	5 25	sets			
9		M		6 09	5 25	5 28	6 12	5 23	5 11	Last Quarter	1st	4.28 a.m.
10		Tu		6 10	5 23	5 57	6 13	5 20	5 29	New Moon	8th	4.26 p.m.
11		W		6 11	5 22	6 35	6 15	5 18	5 57	First Quarter	15th	8.36 a.m.
12		Th		6 12	5 20	7 23	6 17	5 16	6 38	Full Moon	22nd	7.0 p.m.
13		F		6 14	5 19	8 24	6 19	5 14	7 37	Last Quarter	30th	11.24 p.m.
14		S		6 15	5 18	9 36	6 21	5 12	8 54			
15		M		6 17	5 16	10 51	6 22	5 10	10 18			
16		Tu		6 18	5 14	morn.	6 23	5 08	11 45			
17		W		6 19	5 12	0 07	6 25	5 06	morn.			
18		Th		6 20	5 11	1 23	6 27	5 04	1 09	Last Quarter	1st	3.15 a.m.
19		F		6 22	5 09	2 34	6 29	5 02	2 29	New Moon	8th	3.13 p.m.
20		S		6 23	5 07	3 43	6 30	5 00	3 47	First Quarter	15th	7.23 a.m.
21		M		6 24	5 06	rises	6 31	4 58	4 03	Full Moon	22nd	5.47 p.m.
22		Tu		6 25	5 04	4 25	6 33	4 56	rises	Last Quarter	30th	10.11 p.m.
23		W		6 26	5 02	4 49	6 34	4 54	4 24			
24		Th		6 28	5 01	5 21	6 35	4 52	4 46			
25		F		6 29	5 00	5 57	6 37	4 50	5 16			
26		S		6 30	4 59	6 42	6 39	4 48	5 59			
27		M		6 31	4 58	7 36	6 41	4 46	6 54			
28		Tu		6 32	4 56	8 37	6 43	4 44	8 00			
29		W		6 34	4 54	9 40	6 44	4 42	9 11			
30		Th		6 35	4 52	10 47	6 46	4 40	10 27			
31		F		6 37	4 50	11 55	6 48	4 38	11 43	Last Quarter	1st	1.30 a.m.
		S								New Moon	8th	1.28 p.m.
		M								First Quarter	15th	5.38 a.m.
		Tu								Full Moon	22nd	4.2 p.m.
		W								Last Quarter	30th	8.26 p.m.

## COMMON ERRORS

### In Writing and Speaking.

If you are about to say, "It is him," instead of "It is he," or "It is me," instead of "It is I."—Don't.

Don't say *an'* for *and*, nor *nothink* for nothing.

Don't say "he is older than *me*," say "He is older than *I*." Say "I am taller than *he*," not "I am taller than *him*."

Don't use a sentence like this—"Her and her sister went away this morning." It should be, "She and her sister."

Don't say, "Between you and *I*," Say "Between you and *me*."

Don't say, "I went for to see *him*," it should be, "I went to see *him*."

Don't say, "He has got money," it should be "He has money."

Don't say, "I had rather walk," it should be, "I would rather walk."

Don't say, "Let you and *I*"; it should be, "let you and *me*."

Don't say, "It is rather warmish," but "It is rather warm."

Don't say, "says *I*," "I said" is correct.

Don't say, "No one hasn't called." "No one has called" is right.

Don't say, "That there man," but "That man."

Don't write, "Your obedient humble servant," but "Your obedient servant."

Don't say, "I see him do it," it should be, "I saw him do it."

Don't say, "Either of them are," it should be "Either of them is."

Don't say, "If I were her, I would do it," it should be, "If I were she, I would do it."

Don't say, "He came near dying," it should be, "He almost died."

# FOR LIVER TROUBLES

## THERE'S NOTHING TO EQUAL MOTHER SEIGEL'S SYRUP.

**I**F you have ever had any trouble with the liver you don't need to be told of the miseries to which it gives rise. As a fact, now, who could possibly describe them? What of the distressing attacks of sick headaches, of biliousness, the vomiting, or the irritability and sleeplessness that always come, in a more or less acute form, when there is trouble with the liver.

You'll have a much better time, a more joyous time, if you keep the liver active and healthy by an occasional dose of Mother Seigel's Syrup, and at the same time the stomach and the bowels will also derive benefit.

Here are some letters which prove beyond a shadow of doubt that for liver, stomach and bowel troubles, Mother Seigel's Syrup has no equal.

Mr. Dennis Harrison, 56, Jackson St., Hamilton, Ont., writes on Feb. 8th, 1914 :—"I am pleased to tell you that Mother Seigel's Syrup acted entirely to my satisfaction. My trouble was with the stomach and liver, and these played havoc with my health for over a year. Sick headache and a heavy, loaded-up feeling in the pit of my stomach after food, kept me in a prison of misery with scarcely a moment of freedom, and I suppose I should have been there now had not Mother Seigel's Syrup opened the door.

"In three weeks it entirely proved the claims made for it. From the start it removed the pain that used to come on after eating, and kept me steadily improving, until to-day I am in perfect health."

Mrs. Rioux, of St. Anne des Monts, Gaspé Co., Que., writes on Feb. 24th, 1913 :—"For twelve years I experienced the misery and hardship of being unable to eat without almost intolerable pain. My appetite was so poor that I had no desire to eat much of anything, but I could not escape the after miseries, even by taking the lightest possible meal. My tongue was thickly coated, especially in the morning, producing a sickly unhealthy taste in my mouth. However, a friend told me of Mother Seigel's Syrup, advising me to try it, and I did so. I commenced to take it and was delighted to notice an improvement right away. The change came to stay, and to-day I am quite cured and in excellent health."

Mr. Edmond P. Gouin, Lower Lameque, Gloucester Co., N.B., writes on Jan. 15th, 1914 :—"I think you will be interested to know that Mother Seigel's Syrup has cured me of indigestion and acute pain in my side.

"My bowels were irregular, and in the morning I would get up feeling just as if I would vomit. My mouth and tongue were coated and slimy, my legs and arms stiff and aching, and, in fact, I felt little or no better for having gone to bed. Jobs I had always considered light became heavy, and it looked as if I was really up against it.

"Instead of getting better I grew worse, until friends began to notice that I was getting very pale and sick looking, and advised me to try several remedies, which I did, without any good result.

"Then I was induced to try Mother Seigel's Syrup. Its effect was almost immediate, the pain in my side becoming less before I had finished the first bottle. I continued the treatment for about three months, and am glad to tell you that Mother Seigel's Syrup cured me entirely."

Perfect health is the only safeguard against the dreaded power of disease, and health depends upon a good stomach, a sound liver, and active bowels.

Therefore, take an occasional dose of Mother Seigel's Syrup whenever you feel a little out-of-sorts, or if you fear a bilious attack, or liver trouble, and rest assured that you will soon be right again.



1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	M	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.			
2	Tu	6 39	4 48	morn.	6 50	4 36	morn.	New Moon	7th	3.38 a.m.
3	W	6 40	4 47	1 05	6 52	4 34	1 01	First Quarter	13th	6.49 p.m.
4	Th	6 42	4 46	2 16	6 54	4 32	2 20	Full Moon	21st	1.22 p.m.
5	F	6 43	4 45	3 29	6 55	4 31	3 42	Last Quarter	29th	5.57 p.m.
6	S	6 44	4 44	4 45	6 57	4 30	5 09			
7	S	6 45	4 43	6 03	6 58	4 29	6 40			
8	M	6 46	4 42	sets	6 59	4 27	sets			
9	Tu	6 47	4 41	5 14	7 01	4 26	4 31			
10	W	6 48	4 40	6 11	7 03	4 24	5 25			
11	Th	6 49	4 39	7 22	7 04	4 23	6 37			
12	F	6 50	4 38	8 38	7 06	4 21	8 02			
13	S	6 51	4 37	9 57	7 07	4 20	9 31			
14	S	6 53	4 36	11 13	7 09	4 19	10 58			
15	M	6 54	4 34	morn.	7 11	4 18	morn.			
16	Tu	6 56	4 33	0 26	7 13	4 17	0 19			
17	W	6 57	4 32	1 36	7 15	4 16	1 37			
18	Th	6 58	4 31	2 43	7 16	4 15	2 53			
19	F	7 00	4 30	3 50	7 18	4 14	4 09			
20	S	7 01	4 29	4 57	7 19	4 13	5 23			
21	S	7 02	4 29	6 04	7 21	4 11	6 35			
22	M	7 04	4 28	rises	7 22	4 10	rises			
23	Tu	7 05	4 28	4 39	7 23	4 09	3 57			
24	W	7 07	4 27	5 30	7 25	4 08	4 48			
25	Th	7 08	4 26	6 28	7 26	4 07	5 49			
26	F	7 09	4 26	7 30	7 28	4 06	6 59			
27	S	7 10	4 25	8 35	7 30	4 05	8 13			
28	S	7 11	4 25	9 42	7 32	4 04	9 26			
29	M	7 12	4 24	10 49	7 33	4 03	10 41			
30	Tu	7 13	4 24	11 58	7 34	4 03	11 58			
		7 14	4 24	morn.	7 35	4 02	morn.			

## HOUSEHOLD HINTS.

**MOTHS LIKE CARPETS.**—To keep them away spread sheets of newspaper under the carpets. Moths don't like printer's ink, and will not come near it.

**THOSE SQUEAKY BOOTS.**—Put a little castor oil on a plate. Let the boots or shoes stand on this for twelve hours. This prevents squeaking and waterproofs the leather.

**WASHING BLACK STOCKINGS.**—To preserve the colour, and keep them a good black, rinse in water to which a little blue has been added.

**SOAP GOES FURTHER** if it is put away for some time before use, and kept dry.

**TO CLEAN THE FRYING PAN.**—Fill it with cold water and then place on the fire to boil. When on the boil drop three or four red-hot cinders in, and then wash in the usual way.

**FOR SHABBY COAT COLLARS.**—Grate a raw potato into a basin, and pour on a little cold water. Soak a piece of clean flannel in the liquid and rub the coat collar. Cleans the cloth rapidly.

**KEEPING BUTTER FRESH.**—Soak a piece of clean muslin in salted water, place over the butter dish, and press the lid on tight. Butter dishes should be washed frequently.

**OLD POTATOES.**—If compelled to use old potatoes, mash them, and add a pinch of baking powder. This not only improves the appearance, but the flavour as well.

**A CANDLESTICK TOP.**—Get a cork to fit the candlestick. Then drive a nail through the cork, insert in the candlestick, and press down the candle on to point of nail. This makes candles last longer by keeping them steady, and prevents dirty candlesticks.



# OUR GIRLS AND YOUNG WOMEN.

## How they can be Strong and Vigorous.

**N**OW that women are becoming the competitors of men in almost every walk of life, and when even in the home woman has to bear an increasing load of responsibility, it is very necessary that she should keep herself in a state of robust health. It is a difficult thing to do, for Nature has so designed woman that she is a much finer, more delicately-balanced, more highly-strung organism than is man, her stronger partner.

For this reason our girls and young women need to take every precaution in order to ensure that their health shall at least remain moderately good through life. Exercise a little care now and again, convince yourself that it is necessary to look after your health, just as you do with your hard-earned savings in the bank, and you will be well rewarded. In fact, there's no bank pays such good interest, not one that gives you so many advantages in life, as the bank of good health. So, be wise in time, and save your health from the dangers that lurk in indigestion, constipation, and liver troubles. These three complaints, when neglected, time and time again lead women to the verge of a breakdown in health. Many a girl has become a victim of anæmia because in the first instance she ignored indigestion and constipation.

It is very true that much needless suffering would be avoided, and many lives made brighter and more useful if only our girls and young women would realise the folly of treating the early symptoms of digestive weakness and constipation as trivial matters. Think of it—upon the perfect digestion of food depends the proper nutrition of the whole body, and it is just as unreasonable to expect to be well and strong if the digestive organs are not able to extract nourishment from the food you eat, as it would be to expect a steam engine to run if the fuel in the furnace were not burning.

Again, take constipation, a complaint to which many young girls and women are peculiarly liable. Nature intended the waste matter of the digestive processes to be expelled regularly from the system, and if it is not, as surely as day follows night, noxious products will be absorbed into the system and carried through the blood stream to every part of the body, literally poisoning the very well-springs of life.

Every woman, at every period of life, must guard her health with watchful care, for a slight chill, a shock to the nervous system, indigestion, biliousness, or indeed anything that tends to disturb the even course of her life, may cause untold suffering.

In the last forty years thousands of women in all parts of the world have learnt to value Mother Seigel's Syrup as a ready means of keeping the digestive organs—stomach, liver, and bowels—in a healthy and active state. That is the way women can avoid many ill-health miseries, the way to keep the blood pure, the system fully nourished, the nerves and muscles sound, and the way to make health bloom in the cheek and sparkle in the eye. Try Mother Seigel's Syrup to-day.



1915.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.			MOON'S PHASES.		
Day Week	Day Month	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.		
1	W	7 15	4 24	1 06	7 37	4 02	1 16	New Moon	6th	1.50 p.m.
2	Th	7 16	4 24	2 19	7 38	4 01	2 37	First Quarter	13th	7.24 a.m.
3	F	7 17	4 24	3 37	7 40	4 01	4 04	Full Moon	21st	8.38 a.m.
4	S	7 18	4 23	4 58	7 41	4 00	5 36	Last Quarter	29th	8.45 a.m.
5	S	7 19	4 23	6 21	7 42	4 00	7 10	QUEBEC & ONTARIO.		
6	M	7 20	4 23	sets	7 43	3 59	sets			
7	Tu	7 21	4 23	4 56	7 45	3 59	4 11	New Moon	6th	12.48 p.m.
8	W	7 22	4 23	6 15	7 46	3 59	5 35	First Quarter	13th	6.22 a.m.
9	Th	7 23	4 23	7 36	7 47	3 59	7 06	Full Moon	21st	7.36 a.m.
10	F	7 24	5 23	8 56	7 48	3 58	8 37	Last Quarter	29th	7.43 a.m.
11	S	7 24	4 23	10 13	7 49	3 58	10 03	MANITOBA, SASKATCHEWAN, AND ALBERTA.		
12	S	7 25	4 24	11 26	7 50	3 58	11 26			
13	M	7 26	4 24	morn.	7 51	3 58	morn.	New Moon	6th	11.35 a.m.
14	Tu	7 27	4 24	0 35	7 52	3 59	0 42	First Quarter	13th	5.9 a.m.
15	W	7 28	4 24	1 42	7 53	3 59	1 58	Full Moon	21st	6.23 a.m.
16	Th	7 29	4 24	2 49	7 53	3 59	3 12	Last Quarter	29th	6.30 a.m.
17	F	7 30	4 25	3 56	7 54	3 59	4 26	BRITISH COLUMBIA.		
18	S	7 30	4 25	5 01	7 54	3 59	5 40			
19	S	7 30	4 25	6 04	7 55	3 59	6 50	New Moon	6th	9.50 a.m.
20	M	7 31	4 26	rises	7 55	3 59	rises	First Quarter	13th	3.24 a.m.
21	Tu	7 31	4 26	4 21	7 56	3 59	3 41	Full Moon	21st	4.38 a.m.
22	W	7 32	4 27	5 23	7 56	4 00	4 49	Last Quarter	29th	4.45 a.m.
23	Th	7 32	4 27	6 26	7 56	4 00	6 02	DISHES FOR THE SICK.		
24	F	7 33	4 28	7 34	7 57	4 01	7 16			
25	S	7 33	4 28	8 40	7 57	4 02	8 30	A NOURISHING PUDDING.—Take sufficient rolled oats to cover the bottom of a pledish. Sprinkle with white sugar, and fill up with milk. Add a teaspoonful of shredded suet and a pinch of salt, and bake for half an hour in a moderate oven.		
26	S	7 33	4 29	9 47	7 57	4 03	9 45			
27	M	7 33	4 29	10 53	7 57	4 04	10 59	A CHEAP BARLEY PUDDING.—Soak two ounces of pearl barley overnight. Then add a tablespoonful of sugar and a quart of milk. Grate a little nutmeg on the top, and put in a few tiny bits of butter. Bake pudding in a dish for three hours in a moderate oven.		
28	Tu	7 34	4 30	morn.	7 58	4 05	morn.			
29	W	7 34	4 31	0 02	7 58	4 06	0 17	AN EXCELLENT MILK PUDDING.—One pint of milk, one dessert-spoonful of tapioca, two eggs, and sugar to taste. Soak the tapioca, put into a saucepan with the milk, and the yolks of the eggs. Boil, and add the whites of the eggs, well beaten. Then simmer the pudding for two hours, and serve.		
30	Th	7 34	4 32	1 14	7 59	4 07	1 38			
31	F	7 34	4 33	2 32	7 59	4 09	3 04	GOLDEN SURPRISE.—Stew three or four peeled apples, and put them in a piedish. Cover with slices of bread soaked in milk, and sprinkle brown sugar on the top. Then bake in an oven until the sugar is well-browned. Very cheap, and very good.		

## DISHES FOR THE SICK.

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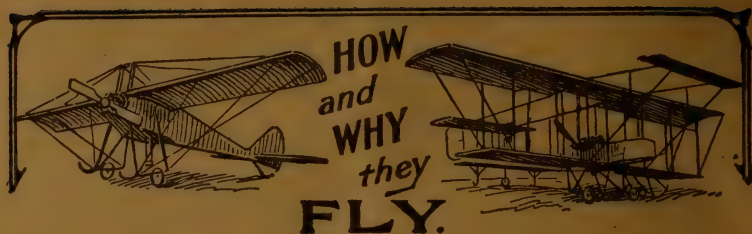
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**ARROWROOT JELLY.**—Mix two tablespoonfuls of arrowroot in a tumblerful of water, and pour into an enamelled saucepan. Add the juice of five lemons, the fine peeling of one lemon, and a teaspoonful of brandy. Boil until the mixture thickens. Sweeten, remove lemon peel, and pour into mould. Serve cold.

**SAVOURY CUSTARD.**—Is excellent for invalids or those recovering from sickness. Make it from a pint each of strong beef-tea and milk, a well-beaten egg, and with salt and pepper to taste. Bake till set in a buttered piedish.

**AN EXCELLENT MILK PUDDING.**—One pint of milk, one dessert-spoonful of tapioca, two eggs, and sugar to taste. Soak the tapioca, put into a saucepan with the milk, and the yolks of the eggs. Boil, and add the whites of the eggs, well beaten. Then simmer the pudding for two hours, and serve.

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When an aeroplane is speeding through the air, how is it that its very weight does not bring it crashing to the ground?

The answer is very simple. An aeroplane is sustained in the air just like a kite, that is, simply by the pressure of air against its wings.

And the faster an aeroplane travels the easier it stays up, because then the pressure of air is greater. Little fittings which the ingenuity of man has produced, make the aeroplane rise and fall.

A splendid engine of high power drives it through the air, and it is turned to right or left by means of a rudder, just as is any ship upon the waters.

Then again the wings can be warped or bent a little, so as to maintain the balance in a strong side wind.

Power to drive the aeroplane is derived from the engine, which is linked up to a big propeller. This propeller bores its way through the air, like a gimlet bores through wood, and carries the machine along with it. Thus the engine and the propeller are the most important parts of an aeroplane.

Once the speed is up the machine is pulled through the resisting air at a speed only limited by the power of the engine. High speed and great wing spread mean more stability. Hence, the faster the aeroplane goes, the higher it rises.

As a fact, an aeroplane literally climbs into space, or descends to earth at the will of its pilot.

Aeroplanes are now divided into two classes—those that rise from and alight on land, and those that rise from and float on the sea.

These latter are often called hydro-planes, or hydro-aeroplanes. It is simply a modified form of aeroplane, for instead of having wheels that enable it to run on the ground, it is furnished with floats to keep it steady and buoyant on the surface of water.

Aeroplanes, as well as hydroplanes, may be either monoplanes or biplanes. As their names indicate, one has a single surface on which the air presses, while the other has two surfaces or planes.

Eminent airmen have recently stated that within a few years regular transport services by air will be established between all the great cities of the world.

Perhaps in ten or twenty years we shall be able to take a cheap trip from Montreal to Winnipeg, or from Vancouver to Toronto; or to visit friends and have a merry week-end in some remote and inaccessible part of the West.

And if this air-travel development does come about, as the big men say it surely will, we shall save many millions of hard earned cash, which in the ordinary course would have been spent upon railway construction.

As to Air-ships, these have been developed until to-day the biggest Zeppelin is 525 feet long, has a speed of 22 miles per hour, and a crew of 22 men.

One of these giant air craft has stayed up for four days and nights, and travelled nearly two thousand miles.



# WHY PERSONAL TEST IS BEST,

AND WHY

## It Explains the Popularity of Mother Seigel's Syrup.

Personal test always is the best. If you try a thing for yourself, and find it good, you know just what it is worth to you and decide what your attitude towards it will be in the future.

The fact is we all like to get good value for our money, and when we do it is a pleasure to tell other people about it. That is the case with Mother Seigel's Syrup. Here is a remedy which for over 40 years has been before the public, steadily increasing in popularity, always building up a solid reputation, every week bringing forth evidence that it really is a reliable means of keeping the digestive organs, stomach, liver and bowels in a healthy and active condition.

Consider the position of such a standard and world-famous remedy as Mother Seigel's Syrup. What do you find? Just this—that this old-fashioned household digestive tonic makes friends wherever it goes. It is of real service to them. Its action upon the digestive system is beneficial, consequently, when men and women are restored to good health by Mother Seigel's Syrup, they at once recommend it to their friends.

It is as the result of personal test that tens of thousands do testify to the exceptional curative value of Mother Seigel's Syrup. And in thousands of letters that come to us every year, each telling of some case of pain banished and health restored, we frequently read some such words as these, "It was recommended to me by a friend, who had herself benefited by its use."

Mother Seigel's Syrup is not a magic potion for banishing all the ills of man. It won't do impossible things, but, as probably nine-tenths of the minor ailments which afflict mankind, and many of the serious ones too, have their origin in some disorder of the stomach, liver, and bowels, it is not surprising that Mother Seigel's Syrup, containing as it does the medicinal extracts of more than ten different varieties of roots, barks, and leaves, all skilfully blended and chosen for their tonic and regulating action upon these vital organs, should prove successful in dispelling the many and varied disorders which result from weak and imperfect action of these all-important organs.

Marie Montminy, St. Evariste de Forsythe, Nicolet Co., Que., writes on March 18th, 1914 :—

"My personal experience of Mother Seigel's Syrup satisfied me completely as to its splendid qualities. Indigestion is not a sickness that can be grown out of, or that, like toothache, will pass off. It grows on a person. It grew on me, anyway, until it brought about an alarming change in my appearance. My cheeks grew hollow, and my skin had a sick, unhealthy colour, that nothing could change or hide. My stomach revolted at food, and I nearly always experienced a desire to vomit after meals. But Mother Seigel's Syrup put me on the road to health. I used it regularly for about a year, although I was, as far as I could tell, cured in half that time. Anyone who suffers from indigestion should certainly try Mother Seigel's Syrup."

# MOTHER SEIGEL'S PILLS.

## A Reliable Laxative.

**I**T is a great mistake to use violent purgatives for cases of obstinate constipation. It means overtaxing the bowels, sometimes to a point from which they never regain the normal, healthy condition. The safe course to adopt is to keep the bowels regular in action by the use of a gentle, harmless laxative such as Mother Seigel's Pills. These Pills are intended to assist, not to replace, Mother Seigel's Syrup, and if taken occasionally will relieve the most obstinate cases of irregularity of the bowels. Mother Seigel's Pills are made from curative herbal extracts. Their action is gentle and stimulating, with none of the distressing pains or griping arising from the use of strong mineral purgatives. There is no danger to the system through sudden, violent relaxation of the bowels—to be inevitably followed by a long period of constipation.

When relief has been obtained by the use of Mother Seigel's Pills, regularity can be maintained with small doses of Mother Seigel's Syrup. The Pills are especially useful if the ordinary diet and habits have been disturbed by excitement, or over-indulgence in eating and drinking. To win back your good health you must see to it that the bowels are regular in action. This desirable end can be obtained by the use of Mother Seigel's Pills, followed by small doses of Mother Seigel's Syrup.

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## WHAT PEOPLE SAY OF THE PILLS.

### "THEY ARE EXCELLENT."

"I can honestly state that Mother Seigel's Pills are excellent for stomach and bowel troubles. I always keep them in the house, and believe that an occasional dose at bedtime saves me lots of sickness and Doctors' Bills." Mrs. Cornelius Cook, North Range, Digby Co., N.S., March 20th, 1914.

### "TWO OF THE BEST."

"I have been taking Mother Seigel's Syrup for general debility and weakness, and am pleased to tell you that it has worked wonders. I am now quite cured and feel fine, ready for all the work each day brings. I can also say a good word for Mother Seigel's Pills as a cure for constipation. They are the two of the best, and should have a prominent place on the shelf in every house." Mde. A. Charron, St. Modeste, Temiscouata Co., Que. Feb. 8th, 1913.

### RECOMMENDS PILLS TO FRIENDS.

"I recommend Mother Seigel's Pills to all who suffer from constipation. I was cured by taking two boxes of Pills." Mrs. Alp. Godin, Lameque, Gloucester Co., N.B. July 7th, 1913.

# MORE PRAISE FOR THE PILLS.

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## TRIED MANY REMEDIES.

Mr. Jos. Lavigne, of Blair Athol, Restigouche County, N.B., writing on Jan 20th, 1913, says :—" I suffered from constipation and tried many remedies without success. I read in an Almanac that Mother Seigel's Pills were good for constipation, and bought half a dozen boxes. After taking the third box I was completely cured, and am satisfied that Mother Seigel's Pills are the greatest and best cure for constipation."

## CAPITAL FOR CONSTIPATON.

" I tried a bottle of Mother Seigel's Syrup for indigestion, and it fixed me up completely. It is a first class remedy for that complaint. Mother Seigel's Pills are also excellent for constipation, and I recommend them to every sufferer I meet around here." Mr. George Duncan, St. Malachie, Quebec, Dorchester County. Jan. 12th, 1913.

## HEAD ACHED DAY AND NIGHT.

" Some three years ago I was attacked by illness, and felt ill all over. It is not easy for me to describe all that I felt, but my bones ached and my head felt as though it would split, both by night and by day. No one knows how I suffered during those weeks, or how grateful I am now to Mother Seigel's Syrup and Pills for the benefit they gave me after I had used them only a few days. I took them only two weeks, by which time the aching pains and the rheumatism had left me, and I have been in fine health ever since. They were recommended to me by your Agent here, and I bought them from him." Joseph Beivnes, Osler, Saskatchewan.

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## Mother Seigel's Ointment.

Even in the best regulated household you are bound to have accidents. Children will get cuts, slight wounds, and abrasions, and adults cannot escape annoying little bruises, burns, scalds, chapped hands, cold sores, and other minor injuries. We are all subject to one or more of these happenings sooner or later. For all such, Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as a healing effect, and when laid on a bruise, scratch, sore, or other wound, it prevents the humours and pains of inflammation. It is just the thing to keep handy in the family cupboard.



# KNO-SKA (<sup>NO</sup>SCAR).

## For Skin Disorders—Piles—Eczema.

**K**N-O-SKA (pronounced "No Scar") since it was first introduced to the public some years ago has become immensely popular. It is a splendid antiseptic and emollient ointment for the treatment of skin disorders, piles, and eczema.

The great merit of Kno-Ska is that it heals skin surfaces quickly, and, as the name applies, leaves NO SCAR. It may safely be applied to the face, arms, legs or other parts of the body affected by Eczema.

Use Kno-Ska for Piles, but first bathe the affected parts with warm water. If there is a little smarting after the application of the ointment, it will soon pass away. Kno-Ska speedily removes the milder forms of Piles, and even in obstinate cases, if the treatment is continued, its beneficial effect will be experienced.

For destroying poisons in wounds and sores Kno-Ska is wonderfully efficacious. It soon softens and heals all irritated skin surfaces. Get a tube from your chemist or storekeeper. If he has not got it in stock, send us 25 cents. in postage stamps and we will forward a tube, post free.

"I suffered for years with bleeding piles, and everything that I tried failed, until I found a little book in which I read about Kno-Ska, and thought I would try same. Now I am almost cured, no more bleeding, and I feel like a new man, gaining in flesh every day."—Mr. Fred Fuller, Brantford Co., Brantford, Ont., Jan. 30th, 1913.

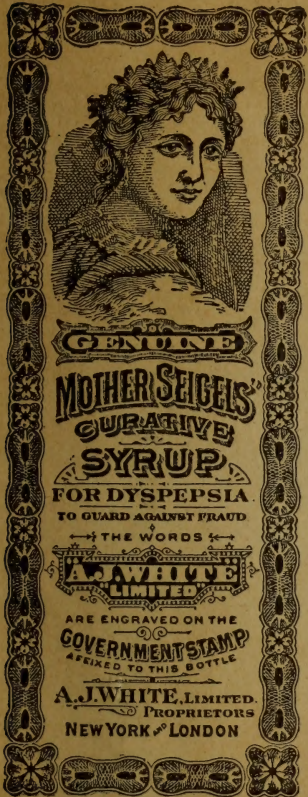
"I suffered for more than a year from that painful and unsightly complaint Eczema. Many pounds spent on doctors' treatment and other means failed completely. Kno-Ska gave me almost immediate relief, and three tubes completely cured what practically was a chronic case. In effecting this rapid cure, my skin was left without spot or blemish."—Mr. G. F. Zyl, Camelot, Barkly East, Cape Province, South Africa.

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## Mother Seigel's Plasters.

**M**OTHER SEIGEL'S PLASTERS do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and spread through the system. Mother Seigel's Plasters are made flexible, so that they fit closely when applied, and as they are porous all the humours withdrawn from the affected part escape readily. These Plasters are better, cheaper, more convenient than liniments and embrocations, which they have replaced in thousands of homes. For aches and pains in the body that need soothing treatment, always use Mother Seigel's Plasters. Then you will experience no burning or irritation of the skin, as is the case when mustard plasters are used.

# Directions for taking Mother Seigel's Curative Syrup



**DOSE.**—FIFTEEN TO THIRTY DROPS two or three times a day in a wineglass of water, immediately after eating.

**NOTE** Mother Seigel's Curative Syrup is put up in a very concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

It is best not to take Mother Seigel's Curative Syrup on an empty stomach. Commence by taking ten or fifteen drops three times a day immediately after eating in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

**FOR WORMS IN CHILDREN.**—Three to ten drops of the Syrup in milk, or milk and water, to be given with the child's regular food, and three times a day; for children under five years old the smaller dose.

**FOR SALE BY ALL DRUGGISTS AND DEALERS IN MEDICINE GENERALLY.**

**THE PRICES OF THESE MEDICINES ARE AS FOLLOWS:**

<b>MOTHER SEIGEL'S CURATIVE SYRUP.....</b>	<b>Per Bottle</b>	<b>\$1.00</b>
<b>MOTHER SEIGEL'S CURATIVE SYRUP.....</b>	<b>" "</b>	<b>.50</b>
<b>THE \$1 BOTTLE CONTAINS 2½ TIMES AS MUCH AS THE 50c SIZE.</b>		
<b>MOTHER SEIGEL'S OPERATING PILLS.....</b>	<b>Per Box</b>	<b>.25</b>
<b>MOTHER SEIGEL'S OINTMENT .....</b>	<b>" "</b>	<b>.25</b>
<b>MOTHER SEIGEL'S PLASTERS.....</b>	<b>Each</b>	<b>.25</b>
<b>KNO-SKA (OINTMENT) FOR ECZEMA, PILES, Etc....</b>	<b>Per Tube</b>	<b>.25</b>

In case the reader cannot obtain the medicine from a local dealer, we will forward the same, carriage charges paid, on receipt of an Express or P. O. Order or stamps in a registered letter, for the quantity required.

Address:

**A. J. WHITE & CO., LIMITED**  
**335A CRAIG STREET WEST, MONTREAL, P.Q.**



# MOTHER SEIGEL'S SYRUP



FOR

## INDIGESTION.